

The Royal
Eastern Counties' Institution Ltd.
for the Mentally Defective,
COLCHESTER.

INSTITUTED 1st FEBRUARY, 1859

UNDER THE PATRONAGE OF
HIS MAJESTY THE KING.

EIGHTIETH
ANNUAL REPORT

For the year ending 31st December, 1938

The Board beg Subscribers to bring this
Report to the notice of their friends.

REGISTERED OFFICE:
ESSEX HALL, COLCHESTER.

Medical Superintendent - F. DOUGLAS TURNER, M.B.
Secretary - - - MAJOR ARTHUR TURNER, T.D.

MAY, 1939

WITH THE SECRETARY'S COMPLIMENTS.

TELEPHONE
CENTRAL INSTITUTION COLCHESTER 3138

TELEGRAMS
"ROYAL INSTITUTION, COLCHESTER"

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L. H.	
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4th HALSTEAD GUIDES.

SUNSHINE AND SMILES.

SUMMER CAMP.

The Royal Eastern Counties' Institution Ltd.

FOR THE MENTALLY DEFECTIVE

COLCHESTER.

Instituted February 1st, 1859.

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HIS MAJESTY THE KING.

Patroness of Ladies' Association—

HER MAJESTY QUEEN MARY.

Vice-Patroness of Ladies' Association—

HER GRACE SUSANNA, DUCHESS OF GRAFTON.

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THE RIGHT HON. THE VISCOUNT ULLSWATER, P.C., G.C.B.

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THE RIGHT REV. THE LORD BISHOP OF ST. EDMUNDSBURY AND IPSWICH.

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THE RIGHT HON. LORD HENNIKER.

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THE RIGHT HON. LORD FISHER OF KILVERSTONE.

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THE LORD LIEUTENANT OF ESSEX.

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M.V.O.

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S. A. PROPERT, M.A., M.B., B.Chir.Cantab., M.R.C.P.Lond.

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B. H. NICHOLSON, M.B., C.M.

Hon. Surgeon—

RONALD REID, M.S.Lond., F.R.C.S.Eng.

Director of Research Department—

LIONEL PENROSE, M.A., M.D.Cantab.

Hon. Neurologist—

SAMUEL NEVIN, M.D., B.Sc.Belf., M.R.C.P.Lond.

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T. A. MUNRO, M.B., Ch.B.

Hon. Psychologist—

J. C. RAVEN, M.Sc.

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F. DOUGLAS TURNER, M.B.Lond., M.R.C.S.Eng., L.R.C.P.Lond.

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E. J. FITZGERALD, M.D., B.Ch., B.A.O. (N.U.I.), *Medical Superintendent, Bridge Home.*

EDGAR BENJACAR, M.D., Malta, *Medical Superintendent, Turner Village.*

JANE BONNELL, M.Sc., M.R.C.S.Eng., L.R.C.P.Lond., *Assistant Medical Officer.*

T. CROWLEY, M.B., Ch.B., *Assistant Medical Officer.*

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H. P. CLARK, B.A., M.D., F.R.C.S.Ed., Clacton-on-Sea.

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T. MORLEY FRIPP, M.R.C.S.Eng., L.R.C.P.Lond.

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A. GOODEY, L.D.S., Halstead.

C. de TRENSE, L.D.S., Witham.

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*Matron—*MISS TURNER, M.B.E.

*Secretary—*MAJOR ARTHUR TURNER, T.D.

The Institution and its Branches.

Dr. F. Douglas Turner, *Medical Superintendent.*

Central Institution, Colchester .. Women and Children
Miss Turner, *Matron.*

The Turner Village, Colchester Village for Men
Dr. E. Benjagar, *Medical Superintendent.*

Bridge Home, Witham Home for Men
Dr. E. J. FitzGerald, *Medical Superintendent.*

Greenwood School, Halstead .. Upper Girls' School
Mrs. Taylor, *Head Mistress.*

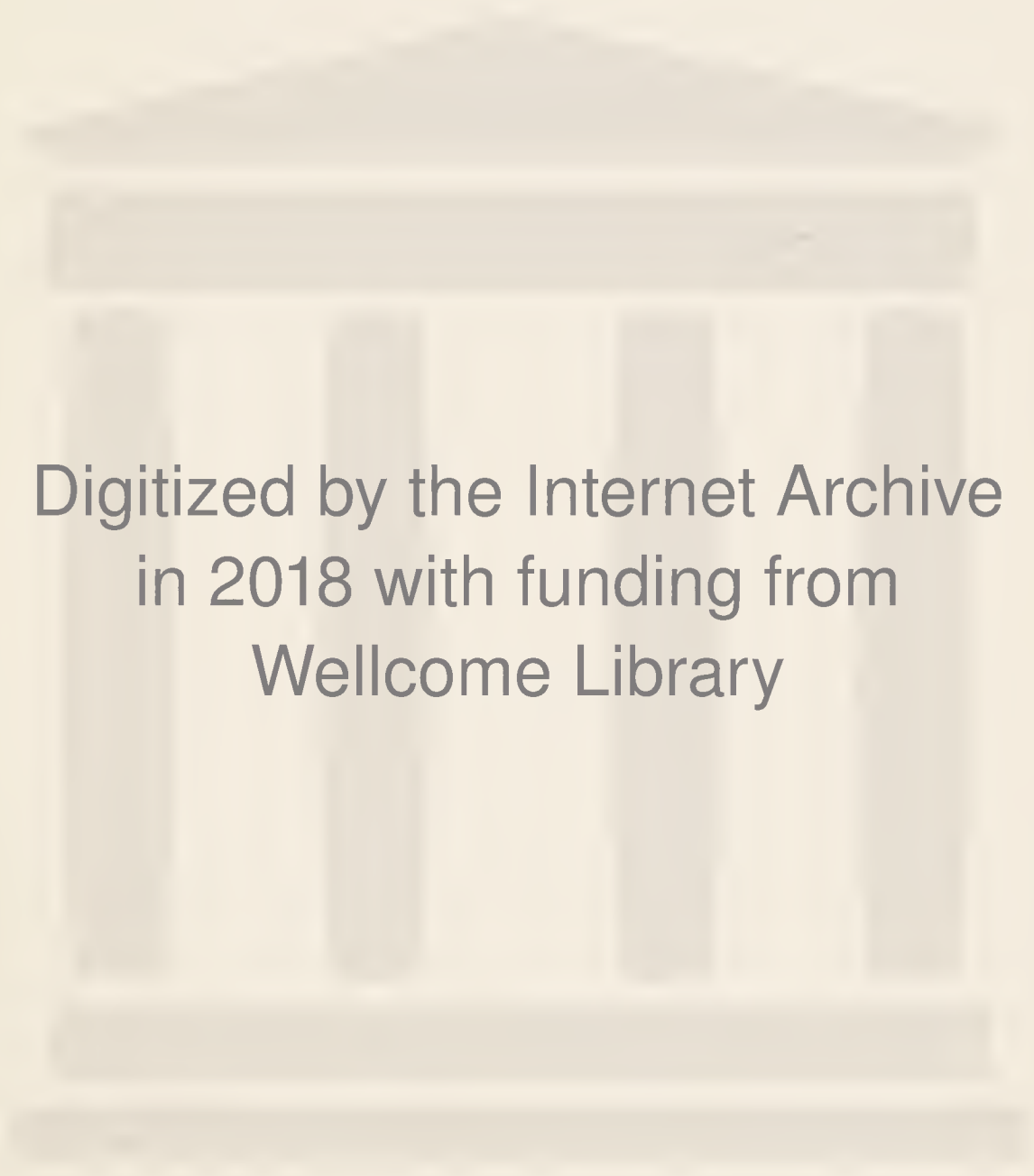
East Hill House, Colchester .. Upper Boys' School
Mr. G. F. Harris, *Head Master.*

Littleton House School, Girton,
Cambridge Upper Boys' School
Miss Dodds, *Head Mistress.*

No. 10 East Hill, Colchester .. Lower Boys' School
Miss Kerry, *Head Mistress.*

Crossley House, Clacton-on-Sea Seaside Home
Mrs. Seely, *Matron.*

Lexden House, Colchester .. Domestic Service Hostel
Miss Beynon, *Matron.*



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IS CLEANING DULL WORK ?



FIVE FRIENDS.
SOMEWHERE IN ESSEX.

Objects of the Institution.

The Royal Eastern Counties' Institution, which is entirely undenominational, was established in 1859 to care for all grades of the mentally defective belonging to the Counties of Essex, Suffolk, Norfolk and Cambridge, educating and training those who are able to benefit by instruction and caring for those who are not able to learn anything.

It is supported by voluntary contributions and by payments for patients, and is certified by the Board of Control and the Board of Education.

The Central Institution is at Colchester and adjoining it are the Peckover Schools and Workshops, presented by the late Lord Peckover. There is also a large farm as well as separate blocks for the lower grade classes. In addition, there is a special residential school for high-grade girls (Greenwood School, Halstead), similar schools for boys (East Hill House and No. 10 East Hill, Colchester, and Littleton House, Cambridge), a special home for young women (Lexden House, Colchester), home for seven classes of adult men (Bridge Home), and the Seaside Home (Crossley House, Clacton-on-Sea), presented by the late Lord Somerleyton.

The Turner Village extension is on high ground about half-a-mile from the Central Institution. This comprises eight villas grouped round playing fields, workshops, assembly hall, kitchen, laundry, and administration buildings, and increases the total number of beds to 1,850. This Colony is occupied by male patients and the Central Institution by female patients.

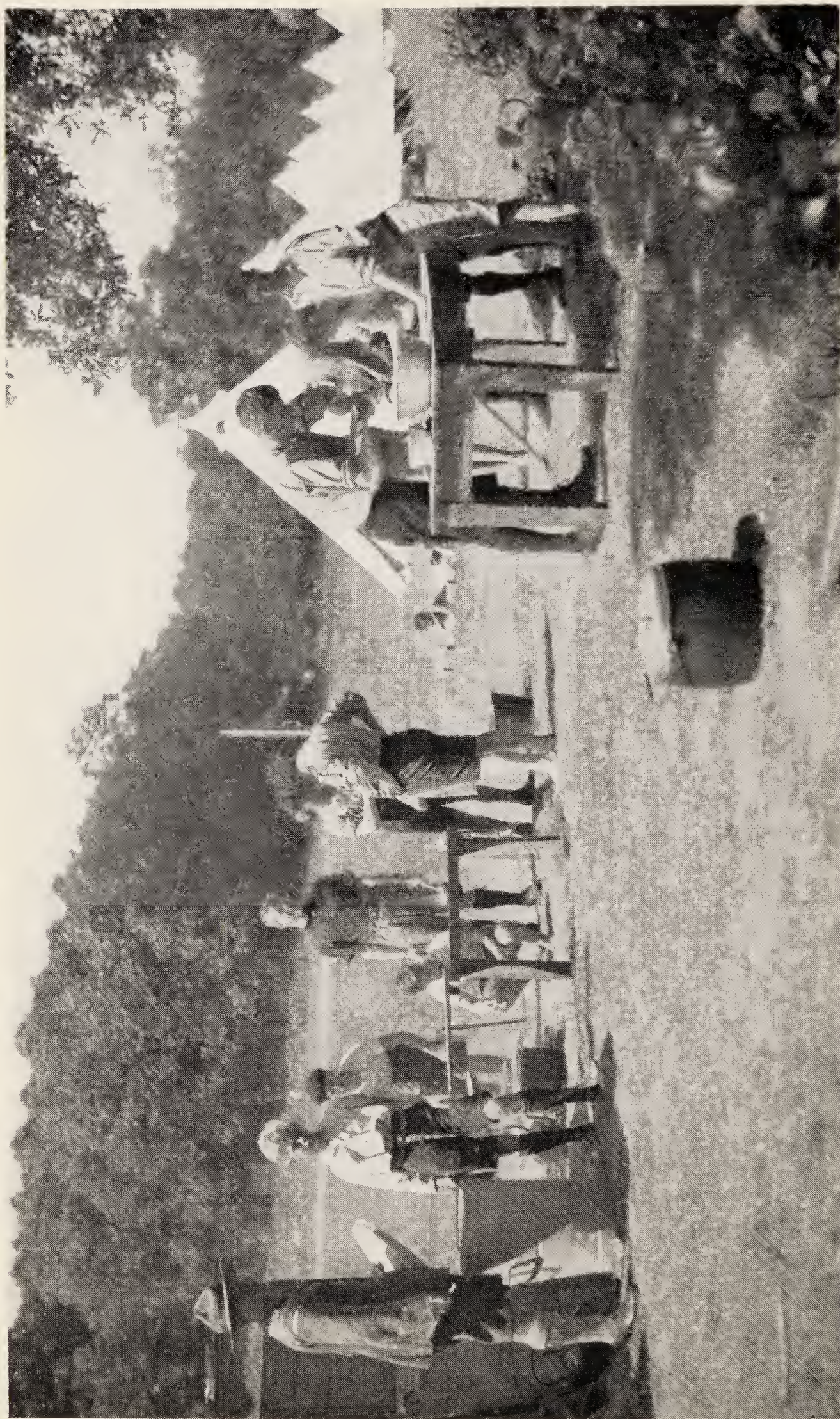
With the object of teaching the inmates to become as self-supporting as possible, various useful trades are carried on. All the clothing, including dresses, suits and boots, and all mattresses, are made, as well as all the furniture required. A large number of mats, brushes, baskets, and

articles of wood-carving are made for sale, and orders can always be carried out. Some of the girls are employed at weaving and in laundry work, and both boys and girls are taught farm and garden work. Manual work is taught in the schools, and useful leather and other bags, and raffia baskets are made.

Those whose friends are unable to pay for their care and maintenance can be elected by the votes of subscribers, and are admitted for a period of seven years. At the end of this time they can be re-elected. It is expected that the parents should contribute whatever they can afford towards the cost of maintenance.

The charitable income is not nearly sufficient for the support of the charitable cases and additional annual assistance is urgently required in order to avoid any possibility of the number of these cases having to be reduced.

A Bankers Order Form for the payment of an Annual Subscription will be found at the end of this Report.



22nd COLCHESTER SCOUTS.

IS DINNER READY ?

SUMMER CAMP.

REPORT

Presented at the Annual Meeting held at the Institution,
Colchester, on Monday, 24th April, 1939.

The Board of Directors have much pleasure in presenting their Eightieth Annual Report. To have had an uninterrupted existence for such a long period is a matter for congratulation, but a glance at past records shows that this has been no mere existence. Not only has the Institution kept its head above water but it has been considerably enlarged, partly endowed and above all, has carried out a most necessary and vital work in the care and training of a large number of those who are so much in need of help and guidance. This is indeed a gratifying record and the fact that it has been achieved is very largely due to the generous way in which the Institution has been supported throughout the Eastern Counties. The Board of Directors desire to express their most sincere appreciation of the help which has been received during the whole of this time, which has enabled them to do so much for the well-being of those who have been placed under their care.

Eighty years'
Work.

It is with the deepest possible regret the Board have to record the death of the Chairman of the House Committee, Mr. E. C. Ransome, who for many years had devoted much time to the interests of the Institution. He joined the Board of Directors in 1913 and the House Committee in 1926, becoming Chairman of the latter in 1933, after the resignation of Colonel Tabor. Mr. Ransome's sound advice and good judgment were of great value to the Institution and his courtesy and tact in conducting the Meetings were appreciated by all. Not only did he give much of his time in this way but on four separate occasions when Appeals were being made at Ipswich he headed the Appeal with a Donation of £105 and he personally interviewed a large number of Ipswich people, thus contributing very much towards the success of each Appeal. The Board feel that they have lost a loyal and devoted Colleague and the Institution a very warm friend.

Death of
Mr. E. C.
Ransome.

One of the most pleasing features in the history of the Institution and one which has been of the greatest possible benefit was the formation of the Ladies' Association in 1890, under the then Marchioness of Bristol as Vice-Patroness. At the time it was felt that this was an experiment and there

Ladies'
Association.

were some who were doubtful whether it would succeed, but through good times and bad the members of the Association have nobly carried out their duties and the large and steady income derived from their efforts has proved that the experiment was justified. For the first 30 years Geraldine, Marchioness of Bristol continued her active interest in the Association and in 1920 was succeeded by Her Grace, Susanna, Duchess of Grafton, who has done so much to carry on the Association in the same excellent manner. During its existence the Association has collected well over £150,000 which has been of the utmost value to the Board, in fact it would have been impossible to have maintained such a large number of charitable cases without this help. When it is remembered that the greater part of this money could not very well have been obtained by any other means it shows very clearly the importance of the work that has been done and its immense value.

The Association has had its good years and there have been times when the work has not been so easy. The past year must certainly be classed as one of the latter as high rates and taxes are not conducive to good Collections and the Crisis coming at a time when the majority of the Collections would have been carried out, naturally had a bad effect. Yet in spite of these and other difficulties the total amount collected during the year was £3,282 2s. 11d., which although rather less than in previous years was a particularly welcome and valuable contribution. The Board cannot too strongly express their deep indebtedness to all the members of the Association for the large amount of time and trouble they devote to the interests of the Institution and they desire to congratulate the Vice-Patroness, Her Grace, Susanna, Duchess of Grafton, and all her helpers, upon securing such a successful result during a very trying year.

Thanks to
Association.

Legacies.

The following Legacies have been received and placed to the credit of the Reserve Fund. It is always very gratifying when Subscribers thus show their desire that the Institution should not suffer by their death.

	£	s.	d.
The late Miss M. A. Barnard	1,794	19	0
The late Mr. Reginald Girling	500	0	0
The late Miss M. A. Pledger	100	0	0
The late Miss E. M. Hallows	100	0	0
The late Mr. E. McArthur Moir	25	0	0
	<hr/>		
	£2,519	19	0

Special Donations are always welcome and during the past year the following have been received with much thankfulness:—

	£	s.	d.
Mrs. Piggott	50	0	0
Miss Neeve	21	0	0
Daily Mirror Token Scheme	12	12	3
Sandringham Estate Cottage Horticultural Society ..	10	0	0
Mr. Charles E. Lovell	5	5	0
Mrs. Jackson	5	5	0
Mrs. Gale	5	0	0
Mrs. Gale	5	0	0
Miss Harrington (Proceeds of Dance at Sible Hedingham)	4	14	6
Mr. F. W. Fawkes	2	2	0
Students of Norwich Training College	2	0	0
Miss Plowright (Box Collection)	1	15	2
Daily Sketch Token Scheme	1	10	0
Mrs. Grubbe	1	1	0
Miss Ralling	1	1	0
Miss Ralling		10	6
Anonymous	1	0	0
General Booth	1	0	0
P.M.E.	1	0	0
Miss Grout (Box Collection)		14	9
Ingatestone Branch of Mothers Union		10	0
Mrs. Deacon (Box Collection)		2	6

On 13th June, a Public Meeting was held at the Town Hall, King's Lynn, when the Mayor (Councillor T. A. Frost) presided and was supported by Mrs. Chatterton, The Vicar (Rev. H. Armstrong) and Dr. J. W. McIntosh. It was thirteen years since the previous Meeting was held at Lynn and in the interval many of the old Subscribers had died. The National Council of Women obtain and send each year a valuable contribution from Lynn but as there are several cases in the Institution from the town and district it was felt that an attempt to create fresh interest would help them in their efforts and would be of advantage generally. No special appeal was made because of other Appeals then being made, but £10 10s. 0d. was subscribed by Messrs. Barclays Bank Ltd., as well as several smaller amounts, all of which were most acceptable.

Public Meeting
at King's
Lynn.

In the Autumn, it was hoped a Meeting could be arranged at Southend, where no special appeal had been made for 30 years but this was not found possible. The Board naturally are disappointed because although some help is received from the town and district, it is not anything like sufficient to cover the cost of the local charitable cases in the Institution.

Elections of Candidates.

The Deputy Mayor of King's Lynn (Councillor R. G. Errington) presided at the Spring Election which was held at the Town Hall, King's Lynn, on 17th June. The Autumn Election was held at the Institution on 9th December, when the Mayor of Colchester, (Councillor H. H. Fisher, J.P.) presided. At each Election ten candidates were elected for a term of seven years.

Average Weekly Cost.

The average weekly cost was £1 4s. 3d. per head against £1 3s. 7½d. in the previous year and the average number of patients resident was 1,711 against 1,677 in 1937.

Additions at Bridge Home.

Arrangements have been made for the purchase of 11½ acres of additional land adjoining Bridge Home, in order to comply with the requirements of the Board of Control. In view of the large number of lower grade patients at this Branch it is difficult to justify the expenditure of money on land which, in the opinion of this Board, is not a real necessity. It is hoped that a start can be made very shortly on another pavilion for cripples at this Branch as this is very badly needed. Land opposite to Bridge Home (250 feet frontage and about 3½ acres of back land) has also been purchased for the erection of cottages for the use of the married Staff at Bridge Home.

Resignations.

Mr. T. H. Westmacott, who has been a member of the Board since 1927 has resigned because he finds it impossible to attend the Meetings. For some years he served on the House Committee and his advice and help were always most welcome. On account of ill-health Miss Averil Bernard has also resigned from the Board and House Committee on both of which she has rendered valuable assistance during the last eight years. The Board are very sorry to lose their services.

Death.

The Board much regret to record the death of Mr. C. H. Alexander, of Great Yarmouth, who had been a member of the Board since 1931. Owing to distance, Mr. Alexander was unable to attend the Meetings, but was always willing to help in every possible way and on the occasion of the last appeal at Great Yarmouth, rendered very valuable assistance.

Mr. W. Edgar Stephens on Board.

Mr. W. Edgar Stephens, O.B.E., has joined the Board and the Board are glad to welcome him as a Colleague.

Very useful help continues to be given by the Honorary Officers to whom the Board would express their grateful thanks. Mr. Charles E. White has unfortunately had to resign as Honorary Solicitor owing to ill-health. He had held this Office since 1900, when he succeeded his father, who had acted in a similar capacity since 1883. Mr. White was always willing to assist in every possible way and the Board much regret the severance of this long family association which has been of great advantage to the Institution.

Thanks to
Honorary
Officers.

The Institution has been in existence for 80 years, and the Board cannot conclude their 80th report without acknowledging the debt they owe to the staff throughout that long period. Led by the Turner family and inspired by their example and enthusiasm, the welfare and happiness of the patients has always come first with every member of the staff, and the result has been an atmosphere of happiness and goodwill which they believe to be the greatest asset the Institution enjoys. The Board would like to thank the staff for all their loyal service in the past, and ask them to carry on in the same devoted spirit in the future, and thus ensure the well-being of the Institution for which all are working.

The Board are much encouraged by the large amount of support that has been accorded to them during the whole existence of the Institution, and they much appreciate what is still being done, notwithstanding the difficulties that exist at the present time. They feel bound to point out, however, that the charitable income is not sufficient to support the charitable cases already in the Institution, and if they are to continue to maintain this number it is essential that more help should be received. They feel that all their supporters know quite well how necessary it is that mental defectives should be properly cared for, and trained to become as self supporting as possible, and that they are doing their best to ensure that the Institution is placed in a position to do this. Probably there are a good many people in the Eastern Counties, who do not know the need that exists, and to them the Board would appeal in particular for some help so that the work the Institution is doing can be carried on without any diminution and with the same success as in the past.

Urgent need
for additional
support.

(Signed)

STRADBROKE,

Chairman.

OFFICIAL REPORT OF THE BOARD OF CONTROL.

8th April, 1938.

We have to-day completed the annual inspection, on behalf of our Board of the Royal Eastern Counties' Institution and have visited the Main Buildings at Colchester, Turner Village and ancillary premises at Hillsleigh, Lexden, East Hill, Halstead and Witham. The remaining visits to Clacton-on-Sea and to Littleton House are being deferred until later in the year.

Throughout our visit we have had the benefit of the company of Dr. Turner to whom we owe grateful thanks for much useful assistance.

In residence were 1,547 patients and out on licence from this Institution were 194 patients.

During the past year the general health of the patients has been remarkably good apart from a mild attack of Dysentery, during the past two months, affecting, in all, 17 patients (males 9, females 8). Detailed bacteriological investigations have been carried out on all contacts and all necessary precautions are being taken to prevent the spread of infection.

Facilities for all forms of pathological examination and for research have been greatly increased here by the opening, last December, of the Research Department. This Department is a self-contained building and consists of (a) two fully equipped laboratories, one for Pathology and Bio-Chemistry and the other for Histology, (b) an Examination Room—for prolonged consultation with patients and (c) a Photographic Room. In addition to these rooms there are various offices, a workshop and ample lavatory accommodation. This department is under the direction of Dr. Penrose, who has the help of four other research workers.



UPPER GIRLS' SCHOOL PLAY.

A NAVAI REVIEW.

THE PLAY BOX.

Our chief impression, on visiting this Institution, was the physical well-being of the patients and the spirit of goodwill and contentment manifest everywhere. In no small respect this is due to the great stress laid on drill, gymnastics, outdoor games and the Scout and Guide movements. Wherever we went, we witnessed displays of physical exercises, ranging from simple movements to gymnastics of a high standard. In Turner Village we saw the work of three drill classes, accompanied by a brass band composed entirely of patients and conducted by a patient.

Apart from the children in the schools, practically all the patients are employed in either the domestic departments or in the workshops. The standard of work in the latter is a matter for congratulation to all concerned. Special praise is due to the staff at Witham where all the patients are low-grade and where, in addition to brush-making etc., much first class embroidery and fancy needlework is being done.

The Main Building. Here female patients of all grades are housed and here are the female workshops including sewing-rooms, knitting-room, tailor-shop and weaving-rooms. In the dayrooms there is evidence of overcrowding but all rooms are in a good state of repair, well decorated and well ventilated.

Turner Village. This is for male patients and consists of eight villas, the male workshops, the main laundry and an excellent kitchen. In the laundry an additional washing machine, of a new type, has recently been installed. At present, any sick patient is nursed in his own villa but it is hoped that a Hospital will be built here before long. Patients are given monetary awards for their work and the head nurse of each villa is given a store of provisions from which he "sells" to patients. So far this has worked satisfactorily, but the provision of a central canteen at some future date should be a matter for consideration.

Hillsleigh. This is a school for 48 low-grade boys taken by a female teacher and two "school attendants" (nurses). The work is purely on kindergarten lines and consists mainly of free rhythmic movement and games with big toys.

East Hill House. This is a school for 57 medium and higher grade boys and is divided into three classes. Only in the top class is much attempt made to teach ordinary scholastic subjects; stress is laid on physical exercises and handicrafts. A feature of the teaching here is wood-carving of which we saw some unusually fine specimens.

Halstead. The Greenwood School accommodates 90 girls, of whom 33 are "workers," the remaining fifty odd being in one of the three classes held here. All these girls are either Rangers, Guides or Brownies. We watched a number of them render excerpts from a pantomime they had produced last Christmas and for which all dresses had been made by themselves. Their performance was pleasing and showed evidence of much patient training on the part of the staff.

Lexden House. There are 68 women here and of this number eight go out to daily service. The patients here do all their own laundry and mending and make their own frocks. An additional dayroom (forming an extension to the existing room), very bright and pleasant, with a dormitory above has been erected recently. Gas cooking has been installed in the kitchen.

Witham. At Witham there are 339 low-grade male patients, many of them being cripples who, however, are able to be up all day. It was interesting to see how these low-grade patients are encouraged to make efforts to move about in the playground by the provision of such apparatus as swings, a step-ladder and bridge, a fixed bicycle and bars erected to teach walking. We saw the good response of the patients to these forms of apparatus and we were struck by the comparative freedom from defects of the circulation in the cripples.

We have enjoyed our visit to this Institution, where we found much to praise and very little indeed to criticise.

(Signed) FLORA CALDER.

N. C. CROFT-COHEN.

Commissioners of the Board of Control.

Report from the Research Department, Royal Eastern Counties' Institution, Colchester.

Head of Department—

LIONEL S. PENROSE, M.A., M.D.
(Cantab.).

Social Investigator—
MISS D. NEWLYN.

Psychologist—

J. C. RAVEN, M.SC.

Biochemist—

MISS C. E. M. PUGH, D.SC.

Senior Technician—

C. D. LEE.

Junior Technician—

L. S. SMITH.

Attached to the Research Department—

T. A. MUNRO, M.B., CH.B.,
DIP. PSYCH.

S. NEVIN, B.SC., M.D., M.R.C.P.
Pinsent-Darwin Studentship.

Beit Memorial Fellowship.

In February 1938, the preparations for the publication of a Medical Research Council Special Report, under the title of *A Clinical and Genetic Study of 1280 Cases of Mental Defect*, were completed. The conclusion of this preliminary investigation followed the opening of a new laboratory and the research work has since been continued on more specialised lines.

The family history work, which is mainly carried out by Miss D. A. Newlyn, has been directed towards the study of families of patients with specific congenital diseases. In addition to the patients available at the Royal Eastern Counties' Institution, the records of patients from neighbouring general hospitals have been searched in order to discover further cases. The conditions which are under special investigation in this way are microcephaly, mongolism, hydrocephaly, anencephaly, spina bifida, placenta praevia and idiocy of unspecified type. It seems likely that all these conditions have one point in common, namely that their incidence increases as maternal age increases. Possibly there is also a tendency for the first born child in the family to be affected. Families in this country, however, are so small that to demonstrate a significant excess of first born affected, even in such an outstanding case as that of congenital pyloric stenosis, necessitates the collection of a great amount of material.

Dr. T. A. Munro has continued the analysis of his data on parental consanguinity and mental disorder. He has also investigated a number of families containing phenylketonuria. Steps have been taken, in co-operation with Dr. G. L. Taylor of the Serological Department of the Galton Laboratory, to obtain data of the blood groups in these families with a view to testing for genetic linkage between the genes responsible for phenylketonuria and serological factors. Information has been collected from eleven of these families. The department has co-operated closely with the Galton Laboratory throughout the year by providing facilities for the perfection of human serological technique.

Mr. J. C. Raven completed a preliminary investigation on a graded series of perceptual tests. Children of all mental grades were tested and also some normal adults. In order to make sure that the test was a satisfactory one, it was tried out on physically handicapped and mentally disordered subjects. Miss Marsh Davidson tested a group of psychotic patients and another group of epileptics who were not mentally defective and Mr. A. Waite tested physically defective children. Information about the technique of construction of the tests was obtained from some experimental results provided by Miss F. Miller. In her experiments, the technique of the test was varied but the difficulty was kept constant. The combined evidence provided by these surveys made it possible for a revised series to be prepared which would be carefully graded and suitable for general use as a non-verbal intelligence test. Since the preparation of the new series of 60 tests, standardization on a normal school population, numbering 660, has been undertaken. Individual test norms are now available and can be obtained, with the book of tests, from Messrs. H. K. Lewis and Co., Ltd. In the work of standardization we have been assisted by Mr. F. H. Cleaver and Mr. R. M. Woolner at different times.

Dr. C. E. M. Pugh was appointed as biochemist to the department in April of this year and she is making a comprehensive examination of the urines of a large series of patients with a view to the detection of metabolic abnormalities. She has paid special attention to the possibility of detecting other substances like phenylpyruvic acid which may be present in the urines of some cases and not in others and she is also making a special investigation into the creatine and creatinine metabolism. She has found that certain cases of congenital diplegia consistently excrete

creatine even in adult life. Dr. S. Nevin has continued to visit the Institution and examine neurological cases. He has given advice and help about the cerebral histological work which is now in progress since apparatus was provided by Rockefeller funds. The combination of biochemical and histological methods applied to different conditions increases greatly the value of the family history material.

The following papers, by members of the department and their collaborators, have been published during the year.

1. "A clinical and genetic study of 1280 cases of mental defect." By L. S. Penrose. *Sp. Rep. Ser. Med. Res. Coun.*, No. 229. H.M. Stationery Office, London, 1938.

2. "Genetic linkage in graded human characters." By L. S. Penrose. *Ann. Eugen.*, VIII, 233, 1938.

In this paper a method for detecting linkage between graded characters was outlined. Formulae were given for use with data which consist of measurements or grades of two characters in pairs of sibs of unspecified parentage. The estimation of linkage for perfectly intermediate characters, in data drawn from a random population, is independent of the gene frequency. The methods can easily be adapted to the study of dominant or recessive characters. A worked example was provided.

3. "Some genetical problems in mental deficiency." By L. S. Penrose. *J. ment. Sci.*, LXXXIV, 693, 1938.

The few diseases in which hereditary mental defect has been clearly demarcated are found in idiots and imbeciles. Much less is known about the hereditary factors which underlie feeble-mindedness. Wildenskov, Lewis and others have stated that feeble-mindedness is more hereditary than idiocy, but it is doubtful whether this view is a helpful one. I am inclined to believe that, in all grades of mental defect, heredity plays an approximately equal part, but that the degree of dominance of the hereditary factors is different in the various grades. Idiots and imbeciles are often recessively determined or due to fresh mutation, and are less obviously hereditary than simpletons who, like normals, owe their mental grade to the interaction of dominant additive factors.

Environmental influence may be the entire cause in comparatively rare cases, but is commonly a part cause of mental defect. The external circumstances indeed are likely to be even more important in mild cases than in severe cases, for their effects may make just the difference between certifiability and normality. The traditional question which demands whether a disease is primary or secondary in origin can rarely, in this subject, be answered with certainty. It seems that the only information which can be obtained will tell us how important environment and how important heredity is in a given type of case.

4. "Consanguinity and mental disorder." By T. A. Munro. *J. ment. Sci.*, LXXXIV, 708, 1938.

This paper presents some results of an investigation into the role of Mendelian recessive factors in the production of mental disease and mental defect. Parental consanguinity facilitates the expression of recessive factors. Of 4,200 mental hospital patients, 2.4 per cent. had related parents. This incidence is higher than that for the general population. Schizophrenia, some rare atypical psychoses and schizoid psychopathies are more frequent among the offspring of cousins. The facts suggest that some schizophrenias are recessively determined and that the carriers of the gene sometimes show these psychopathies.

Stillbirths and grossly disordered children, who die in infancy, are frequent among the offspring of cousin parents, one or both of whom are manic-depressive. These and other facts suggest that the double (homozygous) form of the dominant manic-depressive disease is a gross disorder, often lethal.

Four papers dealing with the experiments which were carried out in connection with the preparation of the perceptual tests are appearing in the *British Journal of Medical Psychology*, March 1939, and several papers on other subjects are in the press.



UPPER GIRLS' SCHOOL PLAY.

TEDDY TAIL OF THE "DAILY MAIL."

THE PLAY BOX.

FIFTIETH ANNUAL REPORT

OF THE

Royal Eastern Counties' Ladies' Association.

I have much pleasure in presenting our Fiftieth Annual Report and am sure it must be a gratification to us all that during this long period the Association has proved its usefulness many times over. A glance at the totals collected each year, which are given at the end of this Report, shows very clearly what a large amount it has contributed towards the general expenses of the Institution. The aggregate is only a few pounds short of £155,000. These figures will help us to realize the value of our work, and will perhaps more than anything else, prove how worth-while that work has been. We must bear in mind that the bulk of this money has been collected in quite small subscriptions, which does add enormously to the labour of getting in the amounts and that without an Association such as ours there would be no other means of obtaining them.

Importance
of our Work.

No doubt many of our helpers have at times made their collections at great personal inconvenience. I fully appreciate all they have done and thank them most sincerely for their help. Perhaps the very interesting figures given above will be some recompense to them in their self-denying labours.

Although our total Collection is not quite so good as in past years, I feel we have every reason to be satisfied that the Association is carrying out a most necessary work in the best possible way, and that the help we are able to give is of vital importance to the Institution. We all know the heavy calls that are being made upon our incomes, and we remember in addition the unfortunate Crisis, which came at a time when most of the Collections are usually being made and when naturally nothing could be done. I am afraid it is inevitable that at such times charitable organizations must suffer to some extent, but all our members have worked wonderfully well and the result of their com-

Result of
1938
Collection.

Thanks to
Helpers.

bined efforts is extremely satisfactory. The total Collection is £3,282 2s. 11d. against £3,407 8s. 9d. in the previous year, and I think we must all agree that in such a difficult year it is no light task to have gathered in such a large sum of money. That our help is of the utmost value I am assured by the Board of Directors, who ask me to express to you all, their warmest thanks and their keen appreciation of the time and trouble you have devoted to the interests of the Institution and its inmates.

Extra sources
of income.

Various means are adopted in the different Districts to increase the Collections and many Bridge and Whist Drives, Rummage Sales, etc., have been held, all of which are most helpful. At Wisbech, Sister Higgins organized a very successful Sale of Work, which the Hon. Alexandrina Peckover kindly permitted to be held in her garden. The proceeds amounted to £37. Miss Peckover is a very warm friend and a generous supporter of the Institution and Sister Higgins is a very keen worker, and they and their helpers must be congratulated upon obtaining such an excellent result.

Lack of
Helpers
becoming
serious.

We are still suffering from a lack of helpers and in some Districts the Collections have almost died out because no one can be found to assist. As our old workers, who have been helping for so many years have to give up, either through age or ill-health, it seems almost impossible to re-place them. In some Districts where we have lost the Presidents, the Vice-Presidents very kindly carry on, but it is not very satisfactory to them without a head to co-ordinate and direct their efforts and I should like to appeal in the strongest possible way for additional workers throughout the whole of the Eastern Counties. I am sure there are many people who have the time available and who would be willing to devote some of it to this work, if they only realized the necessity for it. The need I can assure them is there, because without our help many of the charitable cases would have to be returned to their own homes, and would not only lose the benefit of continued training which is so essential, but would rapidly deteriorate and probably become a menace to Society. Even from an economic point of view it is more desirable that these cases should be retained in an Institution, where their limited intelligence can be utilized to some extent and where, as the result of their training, the higher grades at any rate can be partly self-supporting.

The need for
our work to
be continued
and extended.

I much regret to record the death of Mrs. Alan Wrigley, who had been President of the Saxmundham District since 1931, and who had done excellent work. Death.

Unfortunately, Lady Compton Thornhill has been obliged to resign the Presidency of the Needham Market District on account of ill-health. She has held this position since 1928 with much advantage to the Institution and we shall miss her help. We shall also miss another valuable worker in Mrs. Agnew who has been President of the Hethersett District for the last ten years and whose resignation is a great loss to our Association. Miss C. B. Duff, J.P., President of the North Walsham Association, has felt obliged to give up her work and her resignation severs a long family connection with our Association. Miss Duff acted as Honorary Secretary of the North Walsham Association when her Mother became the first President in 1894 and succeeded her Mother as President in 1926. During this long period much valuable work was done and through their help and influence the District contributed very large sums each year. It is not often that such a long family record is made and still less often when the collections are so well maintained. We greatly regret her resignation. Resignations.

Mrs. de Mussenden Leathes who has been a Vice-President in the Saxmundham District for several years has kindly accepted the Presidency of that District and Mrs. Findlay has undertaken the Presidency of the Stansted District. I am very grateful to them for helping us in this way. New Appointments.

There is no doubt that as the years pass our work does become much more difficult and it is not easy for Subscribers to continue the help they have so freely given in the past. I would like to suggest, however, that of all charitable causes none can be more deserving, or more necessary, than the care and training of those who are quite unable to fend for themselves and who, without that care, must inevitably fall by the wayside. Let us therefore continue to do our best to extend that helping hand which shall lead them to safety within the Institution, where the few talents they possess can be fostered and improved, their work turned to account and their lives made happy. Appeal for extra Assistance.

(Signed) S. M. GRAFTON,
Vice-Patroness

13th March, 1939.

NORFOLK.		1938.	1937.
DISTRICT.	NAME OF PRESIDENT.	£ s. d.	£ s.
Susanna, Duchess of Grafton	Vice-Patroness	10 10 0	10 10
Acle	Mrs. Cator	57 17 8	57 0
Attleborough	Mrs. George Garnier	24 17 5	24 10
Aylsham	Mrs. McDougall	54 12 7	56 17
Cromer	Miss Gurney	51 13 10	48 13
Diss	Mrs. E. Lee Warner	84 7 11	89 12
Docking	Mrs. C. D. Seymour	29 13 0	33 5
Downham Market	Mrs. Charles Howard	— — —	— —
Drayton	Mrs. Adams	28 3 3	33 14
East Dereham	Mrs. Eva	43 17 9	44 5
East Harling	The Countess of Albemarle	48 11 7	44 7
Fakenham	The Lady Hastings	52 15 3	59 0
Flegg	Lady Vincent, J.P.	55 0 6	55 0
Freebridge Lynn	The Marchioness of Cholmondeley	23 5 5	26 14
Hethersett	Mrs. Agnew (resigned)	40 5 5	39 6
King's Lynn	60 0 0	55 1
Loddon	24 13 0	27 11
North Elmham	Mrs. Edward Birkbeck	49 1 6	48 5
North Walsham	Miss C. B. Duff, J.P. (resigned)	93 0 3	66 16
Norwich	The Lady Mayoress	226 15 1	253 17
Swaffham	21 10 10	20 6
Thetford	The Lady Fisher	54 12 5	36 12
Wymondham	Mrs. Routh Clarke	47 14 10	40 8
Great Yarmouth	Mrs. Arthur Harbord	1 1 0	2 2
		£1184 0 6	£1174 0
SUFFOLK.		1938.	1937.
DISTRICT.	NAME OF PRESIDENT.	£ s. d.	£ s.
Beccles and Bungay	Mrs. Larkman	18 10 0	17 14
Bury St. Edmunds	The Mayoress	92 2 5	89 15
Clare and Haverhill	Mrs. Wayman	79 0 0	92 0
Hadleigh	Lady Rowley	82 3 4	79 2
Halesworth and Southwold	The Countess of Stradbroke O.B.E.	4 3 3	8 16
Hartismere	10 10 8	14 2
Hoxne	36 17 7	29 1
Ipswich	Mrs. Philip Cobbold	110 6 1	105 9
Lowestoft	27 4 0	28 11
Mildenhall	Mrs. Temple-Richards	13 11 3	18 7
Needham Market	Lady Compton-Thornhill (resigned)	19 13 10	22 12
Newmarket All Saints	Mrs. Grafton Pryor	51 2 6	27 13
Newmarket St. Mary	The Hon. Mrs. George Lambton	34 3 0	30 17
Samford	Mrs. Herbert Cobbold	39 7 7	38 16
Saxmundham	Mrs. de Mussenden Leathes, J.P.	72 8 2	88 9
Stowmarket	Mrs. Royce Tomkin	60 15 5	61 7
Sudbury	Lady Hyde Parker	51 8 11	49 17
Thingoe	10 7 7	11 12
Woodbridge	Mrs. Hervey	112 14 8	138 18
		£926 10 3	£951 5

ESSEX.

1938.

1937.

DISTRICT.	NAME OF PRESIDENT.	£	s.	d.	£	s.	d.
Billericay		—	—	—	—	—	—
Braintree and Witham	Mrs. de Hochpied Larpent	111	14	1	105	0	6
Brentwood	Mrs. Crawshay	33	5	4	39	5	5
Burnham and Southminster	Miss Oxley Parker ..	19	16	0	21	16	0
Chelmsford		25	13	0	25	3	4
Colchester	{ Dame Catherine Hunt, D.B.E., J.P. } Mrs. Cork	161	8	0	159	4	5
Copford		—	—	—	—	—	—
Dedham		9	12	0	9	16	6
Dunmow		—	—	—	—	—	—
Epping		2	2	6	—	—	—
Grays	Mrs. Whitmore	54	13	1	56	5	3
Halstead	Mrs. Vaizey	90	5	6	97	1	11
Ilford and Barking	Mrs. Ottaway	85	19	0	94	7	6
Maldon	Mrs. Basil Bright	37	13	8	79	5	9
Ongar	Mrs. Howel Price	33	12	8	34	11	9
Rochford		7	18	6	11	4	6
Romford	Lady Neave	28	5	4	27	11	1
Saffron Walden ..	Mrs. A. Wentworth Stanley	14	2	10	14	5	3
Southend		12	10	6	15	8	0
Stansted	Mrs. Findlay	16	2	5	23	2	3
Tendring		76	16	7	83	0	5
Woodford		—	—	—	—	—	—
Wivenhoe		—	—	—	—	—	—
		£821	11	0	£896	9	10

CAMBRIDGESHIRE.

1938.

1937.

DISTRICT.	NAME OF PRESIDENT.	£	s.	d.	£	s.	d.
Cambridge	Mrs. Rushmore	110	7	1	116	16	0
Caxton and Arrington	The Lady Eltisley	36	0	7	37	2	10
Chatteris and March ..		1	11	0	5	12	6
Ely	Mrs. Heywood	57	9	9	52	2	6
Fulbourn	Miss Binney	32	1	5	35	12	0
Linton		—	—	—	—	—	—
Newmarket (Country)	Harriet, Lady Cooper ..	—	—	—	61	4	2
Royston		—	—	—	—	—	—
Wisbech	Mrs. David Smith	112	11	4	77	3	3
		£350	1	2	£385	13	3

1937 Grand Total £3,407 8s. 9d.

1938 Grand Total £3,282 2s. 11d.

List of Amounts collected each year by the Ladies' Association since its formation.

					£	s.	d.
1890	1,868	6	10
1891	1,456	14	7
1892	1,414	5	9
1893	1,373	3	6
1894	1,632	4	6
1895	1,728	10	7
1896	1,911	13	0
1897	2,013	19	6
1898	2,570	13	6
1899	2,522	2	3
1900	2,638	17	3
1901	2,811	5	5
1902	2,854	10	5
1903	3,012	5	5
1904	3,013	5	11
1905	3,067	13	9
1906	3,231	7	8
1907	3,189	14	5
1908	3,335	0	2
1909	3,314	5	0
1910	3,272	6	5
1911	3,349	11	6
1912	3,236	13	3
1913	3,183	18	9
1914	3,082	10	2
1915	2,923	19	0
1916	2,963	1	2
1917	3,157	14	11
1918	3,242	7	8
1919	3,671	3	6
1920	3,896	6	9
1921	4,030	19	8
1922	4,138	6	0
1923	4,053	14	8
1924	4,140	3	7
1925	4,190	13	5
1926	4,125	14	8
1927	4,177	14	7
1928	4,261	8	6
1929	4,166	15	0
1930	4,181	18	5

Carried forward £126,407 1 0

			<i>Brought forward</i>	£126,407	1	0
1931	3,843	11	9
1932	3,747	0	9
1933	3,575	6	6
1934	3,677	5	2
1935	3,512	15	2
1936	3,488	11	7
1937	3,407	8	9
1938	3,282	2	11
				<hr/>		
				£154,941	3	7
				<hr/>		

Medical Superintendent's Report

*to the Board of Directors of the
Royal Eastern Counties' Institution.*

"The trees of the Lord are full of sap."

Ps. 104.

Eighty years
of age.

MY LORDS, LADIES AND GENTLEMEN,

To be full of sap means full of life, energy, virility and interest. But this Institution is an old tree. It is eighty years since it was planted. Can an old tree still be full of sap, still show life, energy, virility and interest? Yes, certainly if it "be as a tree planted by the waters, that spreadeth out her roots by the river, and shall not see when heat cometh neither shall cease yielding fruit."

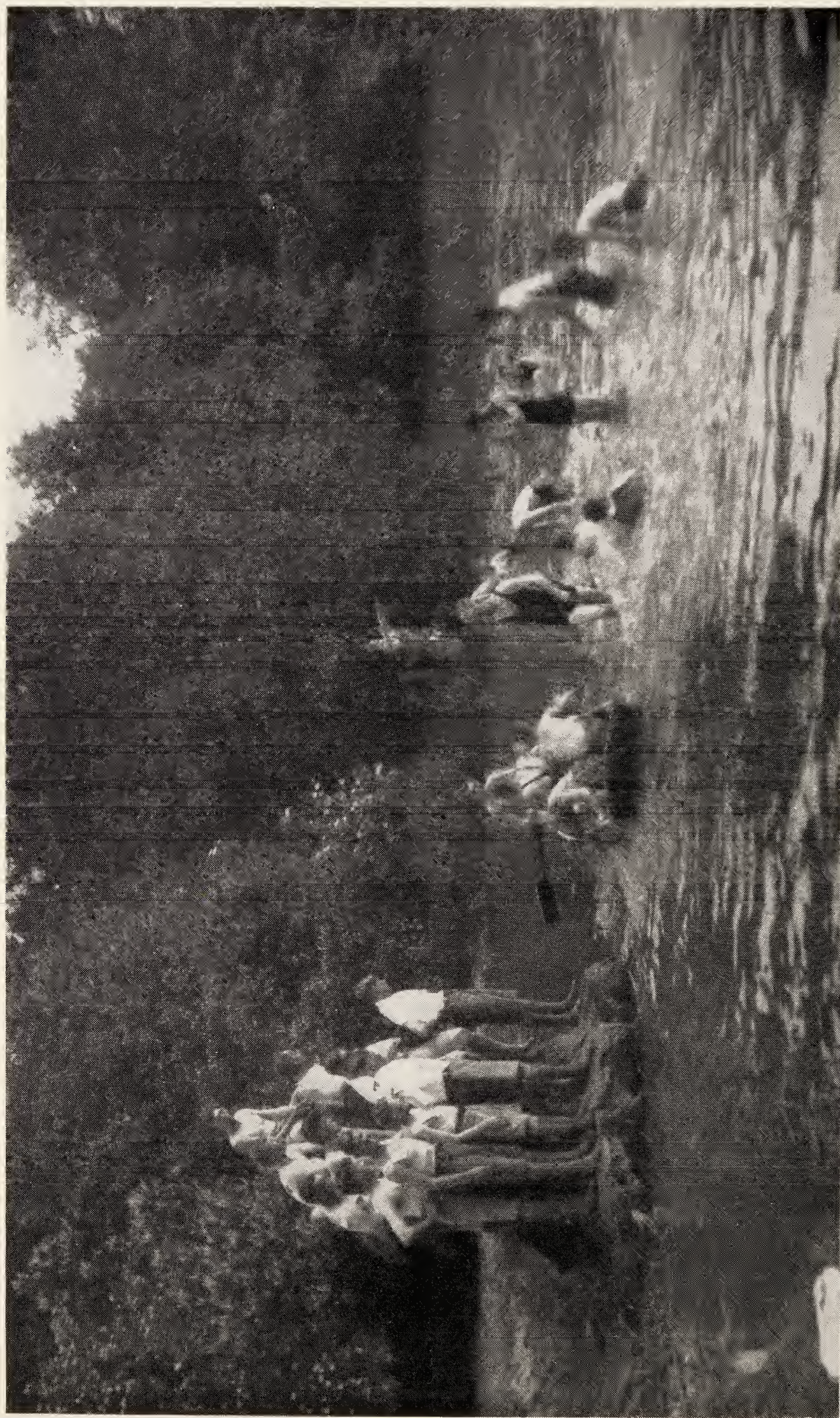
During these eighty years it has been fretted by gusts of heaven, held its head undaunted through many storms, lost perhaps a branch here and a branch there, but it has grown steadily and continuously from a yearling, a sapling, till now it is a big tree and sturdy, and we trust has not yet stopped growing. It has not been a tree amongst a crowd in a forest or one amongst others in an orchard, but solitary, spreading its branches far and wide it is true, but the only one of its kind for many miles. It has been tended by many hands, manured with much thought and effort, pruned at times, but we believe this tree of ours has never yet ceased to yield fruit.

What kind
of fruit?

But what kind of fruit? The care of all those, feeble in mind and often in body, entrusted to us in ever increasing numbers through all these years. So many of them are out of place on the crowded highway of life. They are a danger there both to themselves and others, too slow moving for the modern speed ways. For their own sakes, they must keep near the kerb or even be taken off the road altogether. That has been our job this last eighty years. For such, we have tried to be what at the Vineland Institution in the United States they call a "Village of Happiness."

Must
pruning
come?

We are however, after all these years, bound to ask ourselves, if the time has come for some more drastic pruning or even the loss of some big limb. In last year's Report, I drew attention to the fact that parts of the Central Insti-



25th COLCHESTER SCOUTS.

SUMMER CAMP.

tution were built in 1846, and most of it before 1890 and that possibly the time had now come, when some parts of it would be the better for a survey and for a full reconsideration of the uses to which they are now put.

A little later, I read the report of a survey undertaken at one of the large institutions for defectives in the United States, Letchworth Village a place of 3,600 beds. This survey was undertaken not by officers of the institution, but by outside people, experts in their way, who came to view its problems with fresh and open minds. Many of their conclusions have relevance for us here also.

Letchworth
Village Survey.

These experts proceeded to lay down what they considered should be the minimum requirements for each individual defective.

They said there should be:—

A correct diagnosis.

A maximum education and physical care.

Recreation and happiness.

The fullest possible individual satisfaction.

An enthusiastic staff.

A training directed towards community life outside and the widest use of parole. The Institution should be open at both ends.

Those who conducted the survey thought:—

The Institution was too tidy and orderly.

They did not approve of an admission hospital.

The patients should dress as normal children, play as normal children and have the responsibilities of normal children.

The patients should not march in line, should not be silent at meal times.

The girls should be allowed to use cosmetics and should not have a uniform hair cut.

The clothes should be attractive.

There should be newspapers and magazines.

The Institution must look like a village.

We may believe we have given each and everyone of these advantages but possibly, even probably, a survey from outside might not agree with all we do. In any case the goal of achievement should always be far in advance of present practice.

It seems the time has come for a survey of this Institution also, and in fact the survey has already begun.

Conference
with Board
of Control.

A Joint
Committee
appointed.

A conference was held at the Board of Control last October between the Board and representatives of the Institution and the Local Authorities of this area, namely, Essex, Suffolk, Cambridgeshire, Ipswich and Southend. Since then a joint Committee has been set up, consisting of representatives of the three County Authorities and this Board, in order to consider fully and minutely all the various aspects of policy in connection with the Institution and with the above named Authorities, so far as they are concerned with institutional provision for defectives.

Considerations
of Policy.

This Joint Committee has decided that there are five important sub-divisions of this policy. They are:—

- (1) The probable number of defectives in the five areas, represented at the Conference, who will need institutional treatment either temporarily or permanently.
- (2) The occurrence of overcrowding in day space at the Central Institution, and its amelioration.
- (3) The present allocation and classification of patients. The site of future extensions of the Institution or Institutions and the future allocation and classification of patients in the completed Institution or Institutions.
- (4) Methods of Directing the future Institution or Institutions. Reasons for and against the existing system, and for and against complete separation into two or three Institutions.
- (5) The future Managers of the Institutions and their co-operation with those Authorities within Essex and Suffolk who are not in the present partnership.

There is room for differences of opinion about every one of these questions, but up to the present the Committee has been surprisingly unanimous in its conclusions. It has decided that the 2nd, 3rd and 5th sub-divisions cannot be discussed in detail, until the conclusions which the Committee has come to on the 1st and 4th sub-divisions have been

agreed to and ratified by the Board of Control. Obviously the first thing to agree on, is the size of the problem and the next is the method of attacking it. It is however, already clear, that when the 2nd and 3rd sub-divisions of the problem come to be considered, their proper solution will demand the spending of considerable sums of money. This expenditure is additional to the £111,000 you have spent in improving the Institution during recent years and the £200,000 the Local Authorities have spent in providing Turner Village. I am sure the two County Boroughs, Ipswich and Southend, which are not in the original partnership agreement, can rest fully assured that their respective interest will be safeguarded.

I am confident that there are no difficulties, which cannot be overcome, to prevent the realisation of the ideal which has animated the Directors of the Institution since the first planting in 1859 of that young sapling, which has now become such a sturdy tree. That ideal was and is, to make the Royal Eastern Counties' Institution sufficient in every way, to provide directly or indirectly for all defectives of both sexes and of all grades and ages needing Institution care, in the Counties of Essex, Suffolk and Cambridgeshire. It shall include in future, as always in the past, the treatment of each individual patient as a separate identity, a separate problem to be solved. It shall require the most sincere and earnest effort on the part of every member of the Staff, to ensure that each boy or girl shall be given the best possible chance to make good.

Our ideal
must be
realised.

With all reverence and humility may we say we trust it is true that the work of this Institution is a tree of the Lord. "The trees of the Lord are full of sap."

The trees of the
Lord are full of
sap.

During the year the following amount has been spent in improvements or additions, and charged to the Capital Account of the Institution, not to the Local Authorities:—

Capital
Expenditure
during the
year.

£9,039

This sum is made up as follows:—

	£
<i>Turner Village.</i>	
Peckover Research Laboratories, final pay- ments	1267
Staff Cottages	2633
Improvements at Turner Village	217

	£
<i>Central Institution.</i>	
Boiler House and Oil-fired Boiler	530
Farm Tractor	532
Power Loom	76
<i>Bridge Home, Witham.</i>	
Occupation Therapy Room final payment ..	449
Cripple Pavilion, first payment	150
Additional land required by the Board of Control	2800
<i>Lexden House.</i>	
Extension, final payment	385

The Research
Laboratories.

The sum against the Peckover Research Laboratories represents the final payments to the contractors. In addition, equipment was provided by the Rockefeller Foundation which cost £700. I think we may say that, apart from University buildings, we have now one of the best Laboratories attached to any mental institution in the whole of England and it is certainly one of the best equipped. Apart altogether from research, the laboratories have proved the greatest benefit to the Institution and the patients, because of the large number of bacteriological and chemical tests which have been carried out. It is estimated, that if these tests had been carried out for us by a public or commercial laboratory and charged for at the usual rates, the cost of these investigations for the personal benefit of the patients would have been over £2,000. Amongst other things 4,750 c.c. of Flexner Vaccines were made in the laboratory.

A great
benefit.

And saving.

The Local Authorities have therefore received very considerable financial benefits from the generosity of the Hon. Alexandrina Peckover, the Hon. Lady Darwin, the Darwin Trustees and the Rockefeller Foundation.

Staff Houses.

One more house has been bought for the use of the married staff at Turner Village, two further staff houses have been built by the patients and are just completed. In addition two houses were built by contract and one house bought for the use of the farm staff. The total cost was £2,633. Owing to your policy of buying and building houses for the staff, the position at Turner Village is easier than it was, but a number of houses are still required, especially of the parlour type. There will be another large increase in the staff, when the additional villas at Turner Village are completed and a number of the present staff are still wanting houses. Two more will be built by the patients in 1939.



UPPER GIRLS' SCHOOL PLAY.

HIGHLAND SWING.

THE PLAY BOX.

Certain improvements to the night lavatory accommodation at Turner Village were carried out at a cost of £217 for two villas. These improvements are to be duplicated in some other villas during the present year.

Improvements
at Turner
Village.

An additional automatic oil-fired boiler has been added at the Central Institution, to provide a better supply of hot water for domestic purposes during the night. A building was needed to house this boiler and this was built by the Institution Staff at small cost.

An oil-fired
boiler.

An additional power loom has been added to the Weaving Shop in the Peckover Technical Schools at a cost of £76 and charged to the fund provided by the late Lord Peckover for the upkeep of these Schools. Power looms are so much more efficient than the old fashioned wooden looms and have a bigger output which reduces the overhead cost of running the shop. With the exception of those wooden looms used for teaching, all the working looms in the shop are now driven by motor.

Power Looms.

The old motor tractor in use on the farm was worn out and a new standard model Caterpillar twenty-ton tractor with a four furrow multitrac plough has been bought at a cost of £532.

Caterpillar
Tractor.

The final payment was made for the Occupation Therapy Room at Bridge Home. This room has proved a very useful addition to the training facilities at Bridge Home and a visit there shows how much can be accomplished for these lower grade patients, when skill in planning and knowledge of the essential requirements are joined with the imaginative insight, which has characterised the management of Bridge Home during the last few years.

Occupation
Therapy Room

In last year's Report I mentioned, that plans for an additional single storey pavilion for adult male cripple patients had been sent to the Board of Control for approval, and that the Board required additional land to be bought for play grounds before they could sanction the proposal. It had been pointed out, that the Board's standard of an acre of ground for each ten patients ought not to apply to a branch like Bridge Home, where the patients can neither be used as labourers nor require ground for sports. At the time it seemed impossible to obtain any further land adjacent to Bridge Home, but after prolonged negotiations 11½ acres

Pavilion for
Cripples.

Land bought.

of land on the London side boundary has been bought. The Board has accepted this reduced area as meeting their requirements for Bridge Home. Three-and-a-half acres of land with a long main road frontage opposite Bridge Home have also been bought from the Essex County Council. This land will be developed as a building estate for the staff houses, which are so urgently wanted at Witham. You have decided to build sixteen of these houses this year and eight later on. The money for the purchase of the land has been provided out of the income for the past year and charged to special expenditure. The plans for the cripple pavilion and for these sixteen houses are now at last, after innumerable delays and much correspondence, in an advanced state of preparation and they will go to the Board of Control for statutory approval almost at once. The preparation of these plans commenced two years ago and the accounts therefore contain an item of £150 towards preliminary expenses.

Lexden House additions.

The final payment for the additions to Lexden House, a sum of £385 has been made. This house, situated in eight acres of gardens is now the pleasantest of all our branches. The rooms are spacious and pleasant, the amenities everything that can be desired, the situation delightful. Except the medicine cupboard, there is not a locked door in the house. The new day room is a veritable sun parlour and casement doors give immediate access to the beautiful gardens.

No part of these items, amounting to nearly £9,000 has been charged to any Local Authority, or included in any way in the average weekly cost.

It is better to spend than hoard.

You have thus continued your policy of spending any monies you receive in rents over and above the actual maintenance cost, to the improvement of the Institution. Nothing is being hoarded up for problematical future requirements, or invested to bring in a few extra pounds a year from interest on securities. For the past fifteen years, you have considered it your duty, before everything else, to spend all you have at your disposal to improve the living conditions of the patients and staff, here and now. It has seemed to you good that they should enjoy these improvements while they can, rather than you should save money now, in case it may be wanted for some unknown purpose after most of them are dead. When an institution has been in existence for eighty years there are bound to be many parts of it, which need to

be brought up-to-date. If you will allow me to say so, I wholeheartedly agree with the policy you have pursued, but probably few even of the House Committee realise how much has been done during these fifteen years.

The total expenditure paid by you out of capital, during that time, in addition to the ordinary repairs of premises, and not charged in any way to the Local Authorities has been the astonishing figure of:—

£111,401

This sum is, of course, in addition to the complete cost of Turner Village, which, apart from the site, was provided by the Local Authorities. In addition to these items the following smaller improvements have been carried out:—

One of the staff houses was burned out by fire and had to be rebuilt. Staff House burnt down.

The brick kerbs to the fire places in the villas at Turner Village were knocked to pieces and have been replaced by oak kerbs. Kerbs.

The external paint throughout Turner Village had perished and it was urgent that the entire village should be repainted externally. This was carried out under the Head Painter during the six summer months, half a dozen extra brush hands being engaged for that purpose, in addition to the permanent staff. It is in my opinion more satisfactory and lasting to do the work like this under the permanent head of the department, who naturally has the interest of the Institution at heart, rather than by contract. External Painting.

One corridor has been relaid with terrazzo and two corridors and two sculleries have been retiled. Floors.

The two steel chimneys to the Bridge Home boilers collapsed during a gale and had to be renewed. It was suggested, that it would be more economical in the long run to build a brick chimney shaft and this will be carried out this year. Boiler Chimneys.

The drains on one side of the laundry at Turner Village became displaced and broken by subsidence of the soil. They were relaid and encased in a solid mass of concrete. Drains.

Foundations
of Boilers.

The foundations of the three large boilers at Turner Village were giving way owing to subsidence. The foundations were grouted with liquid cement under pressure and the brickwork rebuilt.

Furniture.

Improvements continue to be made in the furnishings of the Institution, because the carpenters shop can now make all new furniture required for patients or staff, except bent-wood chairs. One improvement I am particularly glad of is the provision of small tables in the day rooms so that all meals can be taken, as in a restaurant with about four patients to each table. These tables are made of teak without any joint in the top. They look well and last well.

Jungle Gym.

A large sized Jungle Gym suitable for adults has been added to the outdoor equipment at Bridge Home and gives great enjoyment. It has proved to be of quite extraordinary benefit to the partly crippled patients there.

School Chute.

An outdoor safety slide or chute has been fixed in the playground of the Lower Boy's School and the seats of their shorts now wear out faster than ever. There are forty-six school boys in this house and they have six swings, a jungle gym, a seesaw, a horse and a chute, so that out of school at any rate, Satan should not be able to find much mischief for idle hands or untired bodies.

Roads.

The roads to the Assembly Hall at Turner Village and the space where motor coaches stand were originally gravelled, but in the winter these roads become almost impassable. A gang of boys with one staff spent almost the whole summer in laying down good concrete roads on a sufficient brick hard core. This has made getting to the Assembly Hall a pleasanter and drier job this winter.

Dirty linen.

The Nursery had no place in which to put dirty or foul linen waiting for the laundry vans daily call. A place has been built, tiled and fitted with a bath for the cleaning of foul linen and a gas copper for boiling it, before sending to the laundry.

Water dams
on farm.

The stream, watering the pasture meadows at Myland Hall, from which the cows drank, was unsuitable for a drinking place and very muddy in winter. Two concrete dams to hold sufficient water in the stream and a concrete bottom and standing edge were constructed. This makes for a much cleaner cow and the water the cows drink is not contaminated.



UPPER GIRLS' SCHOOL BROWNIE PACK WIN THE DISTRICT BROWNIE SHIELD WITH 99 MARKS OUT OF 100.
AN ORIGINAL STORY—"THE DISOBEDIENT BROWNIE."

New boilers for the supply of hot water had to be fixed at the Greenwood School; also in the laundry there and at the Lower Boys' School. New boilers.

A lavatory for the use of the outdoor staff was built in the garden of Lexden House and the apple store rebuilt in brick.

In the last three Annual Reports I have drawn your attention to the urgent need for further accommodation. None has been obtained during the past year, nor have any new buildings been commenced. Accommodation still not provided.

The plans for the additional villas at Turner Village still await statutory approval from the Board of Control, and we do not seem much further forward than we were twelve months ago. It has been decided to build four villas instead of three. The fourth villa will be provided technically by the Suffolk Joint Committee, as a partner in the Institution, but actually this Authority will be recouped by the Ipswich Council who require more beds.

The plans for the improvement of the Upper Boys' School at East Hill House are exactly as they were twelve months ago. Protracted negotiations have taken place throughout the year and nothing is definitely settled yet about the future of this property. If suitable arrangements can be made to lease this house for a long term of years, plans are ready for the rebuilding of about half the house which would then give excellent accommodation and ample school and day-rooms for both boys and staff. East Hill House.

The following tables show the alterations which have taken place during 1938, among the boys and girls out on long leave of absence or licence:— Licence.

Cases on licence on 1st January, 1938	187
Cases sent out on licence during 1938	144
			<hr/>
Cases on licence at some period during 1938	..		331
Of these—			
Cases returned to the Institution during 1938	96
Cases discharged during 1938	41
Cases died during 1938	3
			<hr/>
			140
			<hr/>
Cases on licence on 1st January, 1939	..		191
			<hr/>

These 191 cases on licence on 1st January, 1939 were cared for in the various ways shown below:—

In care of friends working for wages	51
At work away from home in living-in service ..	33
Working at home or with foster parents	63
Not able to work but living with parents or foster parents	10
In the simpler type of Institution	34
	<hr/>
	191

Cases in Day Service from the Hostels on 1st January, 1939	8
--------------------------------------------------------------------	---

Seventeen per cent. have a trial.

The number of cases, dealt with in one way or another through licence, remains high and forms seventeen per cent. of the total number of patients on the books of the Institution. The average number on licence at any one time increases every year.

Discharge after licence.

The number discharged, after being on licence is 41. Nineteen had learned as much as was possible for them in this Institution and they were transferred to a simpler type of institution, where they will get on very well. They had been on licence there for sometime, before the actual transfer order was issued and I had visited them on several occasions and made sure they were happy in their new surroundings, before their names were finally removed from our register. Three had been transferred to a Mental Hospital. Nineteen had been on licence for some years and had proved they were able to carry on in the outside world. This is one of the most satisfactory parts of our work and one of the most encouraging. Looking through the histories of these nineteen before admission, noting the almost innumerable failures, the various kind of mischiefs they had tumbled into, the almost lurid details of many of their lives, the wonder is that they have succeeded at all, instead of failing once again. It does, however, show that however unstable and difficult these high grade defectives may have been before admission, there is one thing and only one thing which can in all probability save them. That is the training and stabilising which they can receive nowadays in any mental deficiency institution run on modern lines. If only authorities in the outside world would realise, that the future success and happiness of these wayward, unstable defectives, lies in and

Why do they succeed?

Why do Authorities make our work harder?

through an Institution, they would make our work easier by sending them in earlier. It is certain too, that earlier admission would mean a larger percentage of successes. Instead of that, the average authority and magistrate seem to look on the institution as a last resource. Everything else is tried first. With every further failure the task becomes more difficult for us and shows a bigger percentage of final failures. One has only to read the police court reports with understanding, to know that time after time, a defective boy or girl is put on probation, or is fined for something they don't understand, or even in these days, in some cases, sent to prison, when a period in an institution first instead of last, would save any amount of misery, a certain amount of expense and ensure a far better result.

The history of a few of the discharged cases follows:— Notable
successes.

“A.” This girl was admitted in 1920 at the age of nineteen. She had previously had a number of situations but failed to keep any of them. She had been a prostitute, had contracted syphilis and had been in a refuge for two years. She had stolen on a number of occasions in a silly way and after the last of these thefts she was sent to the Institution under the Mental Deficiency Act. She was difficult during the earlier years here and had repeated courses of treatment for syphilis. Eventually she became one of our best girls and an excellent patrol leader in the Guides. She was tried out in living-in domestic service and remained in the same situation for three years and four months when she received her discharge. The Matron of the Hostel branch looked after her well and is largely responsible for her success. She remains well-behaved.

“B.” This girl was admitted in 1921 at the age of twenty-two. She had before admission been tried in a number of situations and always been discharged for pilfering. She had served a sentence in prison for theft and later had been committed to a Borstal Institution. After release, she repeated the stealing and was again sent to prison and from prison was certified and transferred to this Institution. She also was difficult for some years but later became an excellent patrol leader in the Guides and a great help at the Guide Camps. She was tried in daily service from one of the hostel branches in 1928. She had to give this up after five months in service for repeated thefts. She forged letters, which appeared to come from her mistress and obtained goods from

a number of shops. In 1934 she was given another trial by being placed in several temporary situations in living-in domestic service. As no complaints were received she was tried in a permanent job in April, 1935. There was one change of situation after this, but her conduct remained satisfactory and she was eventually discharged in July, 1938. She is continuing to do well.

“C.” This boy was admitted in 1930 at the age of seventeen. He had been to a residential special school. On returning home he showed very violent tempers, so much so that his people were afraid of him. Eventually he stole money, went off to London and was there convicted for loitering with intent. He was for some years one of our most difficult patients, always in trouble and violent on little or no provocation. He did, however, improve and the football league games and cup-ties seemed to have a good effect and at any rate enabled him to get rid of his superfluous energy legitimately. His people were convinced of his improvement and after some holiday trials at home agreed to try him on licence. He succeeded and has remained in regular employment at first as a labourer, later as a window cleaner. His father died and he became the mainstay of the home. He was discharged in November, 1938.

These are not
the whole
picture.

I do not, however, wish it to be thought, that these rather lurid histories before admission, are a picture of the lives of the very great majority of our boys and girls. Nearly all of them are good and well behaved and come to us, because they need training or more care than can be given in their own homes. There are many of these also who return to the world, but their records would not make much of a splash in a report. They are just the good quiet people.

Returns.

Eighteen cases returned from licence for holidays at Clacton, seventeen for illness, and thirty-two returns were due to a change of situation or a change of foster parent. Eleven were from temporary situations.

Twelve came back for temper, or because they could not be managed, or were deteriorating, or because they were not up to the work required. One girl returned for spreading false stories and two because it was feared they were in moral danger. One boy returned for indecent exposure.

The table of results shows that ninety-six patients on licence had to return to the Institution during the year but as is shown above most of these returns were temporary and part of the normal working of licence and not due to failure.

I am convinced of two things. One is that Institution care is neither required, nor desirable, for all defectives even if it could be provided, but I would lay even greater stress on the importance of sending many more defectives than come now to institutions for training and stabilisation, so that they may successfully return to the world again.

My convictions
about licence.

The second is, that of all forms of extra institutional care, licence, because of its elasticity is far and away the most advantageous both to the patient and the community. The institution is and should be, for a far larger number of patients, a treatment centre for arresting and ultimately overcoming the difficulties reflected in the failure of the subnormal person to get along satisfactorily in the environment to which he belongs. The Institution will therefore always be losing its best patients and having to keep the most dependent and least adjusted. All the older Institutions were founded with the ideal that they could educate and train the defective, so that he should return to the world. They were intended to be run as schools and not as custodial institutions.

After some years it was realised that some could not be discharged, but later chiefly from the United States came a wave of fear that the defective would so increase in numbers, that the burden would be insupportable. This brought in its train the idea of permanent care to prevent breeding. Fortunately now that wave of fear has been banished amongst thinking people. We all now accept licence as a normal proceeding. One enormous advantage is, that it gives hope, not only to the patients who are put on licence, but the patients who are trying to be, as against the alternative of being in an Institution all their lives. In my opinion, licence is very valuable too for the medium grade, quiet, harmless people, who have learned all they can learn in the Institution, and only need a certain amount of looking after. It offers a more normal life in a cottage home and is cheaper than institution care. With most cases on licence in cottage homes, I find the food is not so good as in the Institution and their quarters are not so good. One of the chief defects is the

poor bedding but I think there are other things, which more than counterbalance this.

I believe I am right in saying that this Institution was the first to try licence or trial outside. It was about 1866, 72 years ago. I read about this in an old Report but it had been absolutely forgotten. When we commenced licence again in 1919 we thought we were beginning some new thing, and that the idea had come to us from the United States.

For the higher grade case, licence means not only hope to the patient, but no further cost to the Local Authority. With girls on licence we have tried factory work in the clothing trade but for most of them domestic service is the easier way.

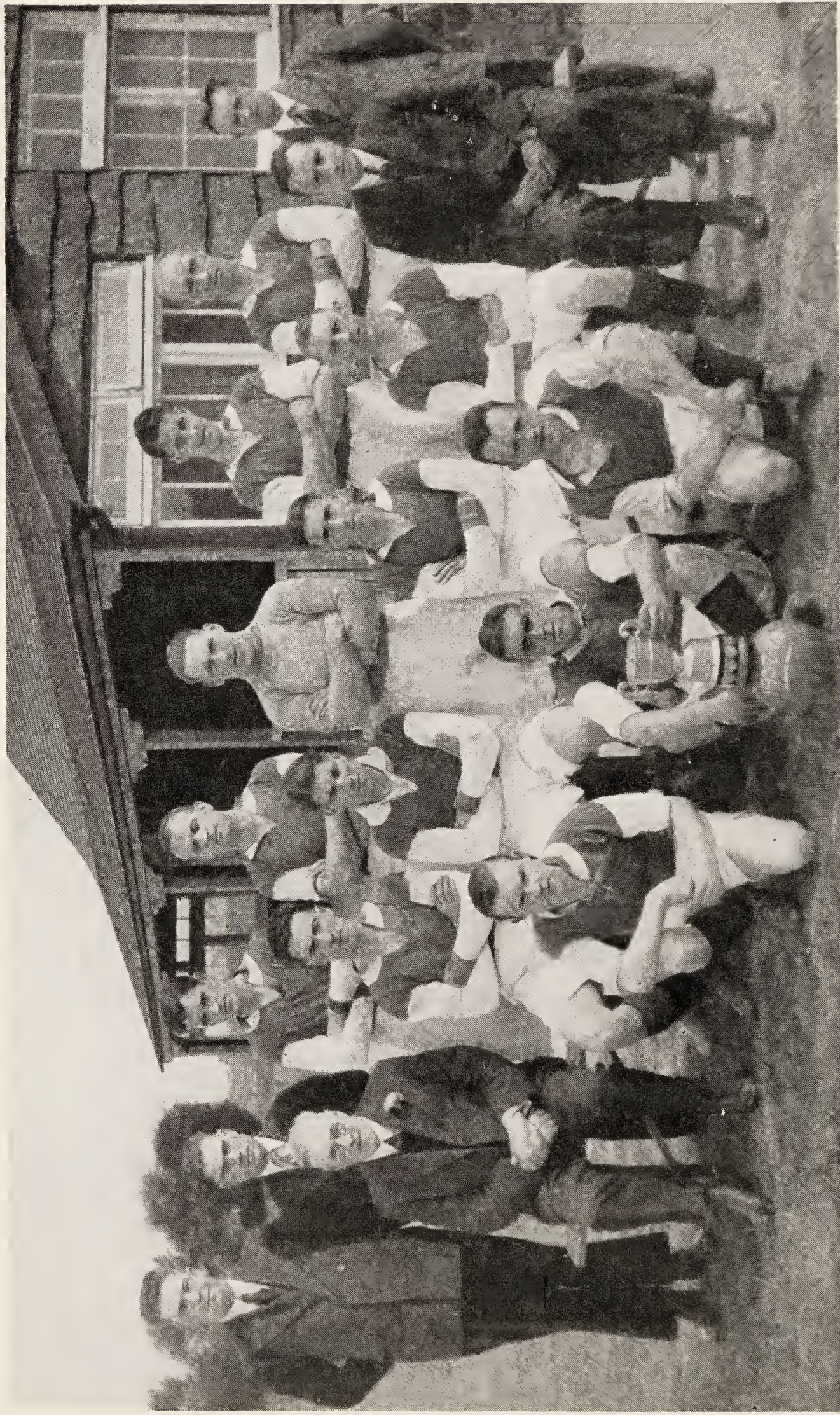
The dangers
of licence.

There are admittedly dangers. A girl in service often dare not complain of the conditions of service or her mistress threatens her return to the Institution. It should not be forgotten, that some mistresses employ defectives because they are cheap and because they cannot leave at a minute's notice. The Matron always has to be on the watch to make sure the conditions of service are not altering for the worse.

Precautions.

I am sure it is wise to insist that all girls in domestic service shall be in places so near a branch of the Institution that they can return there during their time off. I consider this almost essential, especially in the first years of a girl's trial. If you put a girl in service, with however good a mistress, away from everyone she knows, you are asking for trouble. She must go out sometimes and she knows no one to talk to. Almost necessarily she picks up with a man and then we haul her back to the Institution, because we are afraid something will happen. It is not fair. If a girl returns to the branch or hostel, during her time off the Matron can keep her eye on her and it is astonishing how often a little gossip with other girls trickles through and gives things away when they are beginning to go wrong. The Matron helps the girl about her clothes. She settles when and how often she may go out in the town. She sees to her money and ensures some is saved.

A girl is trusted to bring in her wages and each time she receives back so much pocket money and retains all tips. With what is left she first buys her clothes and the rest is saved and put in a Post Office account in her name. We keep the book.



TURNER VILLAGE

WIN THE "STOPES" CUP

FOOTBALL TEAM

In the third year of satisfactory licence, a girl is generally allowed to spend her wages herself but is still expected to hand to the Matron a regular saving. This is one of the steps towards liberty. Another is permission not to return to the hostel on one of her weekly half days; but to spend the time how she likes.

Liberty
through
licence.

At the present time of 31 girls in living-in service all but 4 are within bus ride of one or other of our Hostel branches.

The highest wage is £31 a year with board and lodging and the lowest £14. The average is £19 10s. 0d. These girls have between them saved and have in the bank over £800 (eight hundred pounds) and this does not include the money of any girl who has earned her discharge.

Wages earned.

Boys on licence, who are earning, mostly live at home or with friends and go out to work for an outside employer. At present 52 boys are earning, four over £3 a week and seventeen over £2 a week. The average wage is 31s. a week. The boy who has saved most is an assistant hotel porter, who after three years, has £150 in the Bank. Twenty of these are in skilled occupations and 32 in unskilled jobs.

I estimate that the higher grade patients on licence, at the present time, are earning in money £5,300 a year plus board and lodging in three-eighths of the cases. Besides that they cost the Local Authority nothing. If they were still in the Institution the cost to the Local Authority would have been £5,600 a year. The total difference to the community is therefore nearly £11,000 a year. It shows what an important effect a change of policy can have.

Licence
saves the
Eastern
Counties
£11,000
a year.

I believe we should distinguish sharply between the two different types of defectives on licence, namely, those who are going out to work and earning money, and those who are not able to earn, but who go to foster-parents and are paid for. There is a considerable danger of foster parents getting high grade cases, who should be paid a wage and being paid for them by the Local Authority and even then giving the defective meagre pocket money.

Two types
of licence.

Why do cases have to return from licence?

Many come back for holidays at our seaside home but this of course does not count as a real return.

Why do
cases return?

Nothing like so many return for sex misdemeanours as might be expected considering their history. Since we began licence in 1919 we have had only four girls return for pregnancy and I cannot say how many girls have been out on licence in that time, but certainly some hundreds.

Amongst the boys four have had to return for sex offences, namely indecent exposure, indecent assault on a small boy, indecent assault on a girl and one for carnal knowledge of a girl under 16. Mostly cases on licence come back for inability to keep their job, chiefly because employers expect too much and for cheekiness and temper. This is the commonest cause and then comes petty stealing.

Circular 850.

The Board of Control issued in 1938, a Circular, No. 850 on the question of licence. This Circular directed that each case which had been on licence for two years should be reviewed and a full report be sent to the Board. This is obviously only right and fair to the defective on licence. If a defective has proved that he or she can carry on in the outside world, it is only right and proper that they should be discharged. It is however, sometimes forgotten, that most of the cases on licence are carrying on in the outside world in protected surroundings, and that the mere fact that they have been on licence for two years is not by itself a proof that they are fit for discharge.

Is the emphasis
unfortunate?

When one comes to look at the wording of the Circular, it would seem as though the expectation is that the patient will be discharged, unless the reasons against it are exceptional. I cannot help thinking that this emphasis is unfortunate, though I realise there may often be pressure from people who have very little knowledge of what a defective is like and who sometimes think that if they can say yes and no to a few simple questions, and say what they had for dinner, they cannot be defective.

I believe I am correct in saying that the legal mind has never liked the idea of prolonged licence—that it has evolved almost in spite of the Mental Deficiency Act and not because of it, and that it has evolved, because of the human outlook which has characterised the Board's work during the last 24 years. It almost seems as though Circular 850 represents the legal point of view rather than the medical.

Licence can be
too short.

Personally, I have always felt that two years on trial, on what may be called a bit of string, is for the great majority

of these high grade defectives who will eventually be discharged, too short a time, not too long. I have advocated a minimum of three years before discharge, unless in exceptional cases, and I am beginning to doubt if even that is long enough. A number of these high grade cases are perfectly satisfactory and carry on well while they are on licence. They begin to fail as soon as they get their discharge.

The need for the bit of string.

For instance, a girl who had been on licence for some years in living-in domestic service and had carried on without causing us the slightest anxiety, and had during that time saved £60, was discharged. Within three months, though still in the same situation she had spent all this money on a man and had got pregnant by him. Another girl who had been on licence in living-in domestic service for three years and carried on satisfactorily, went off with a man on a motor-bicycle the day after she was discharged. Another girl, who had been no trouble whatever while on licence, is, within a year, living with a married man.

And for practically all the medium grade, quiet, patients, boarded out with foster-parents, permanent licence is the only satisfactory alternative to the Institution. If a patient can be discharged after satisfactory licence, that is one side of the picture, but for those still needing care, the transfer suggested in the Circular, from licence to guardianship is so hopelessly wrapped up in difficulties that it is an almost impossible solution, except for a small minority.

Permanent licence a necessity for some.

The same considerations apply to a number of girls going out to daily service from the Hostel. They are seldom high grade enough to be able to hold their own in the world without care and supervision, or they would have been advanced to living-in domestic service. Of girls in daily service now from this Institution, one has been 8 years in the same situation, and two over 5 years. Of the patients with foster-parents, seven have been with the same foster-parent for over 11 years, and no fewer than thirty for over 6 years.

I venture to suggest that policy should not be founded on the aberrations or on some sudden lunacy of those in charge of an individual Institution, but rather that we have the right to ask the Authorities to remember, that practically all of us are trying to do our best to be fair to our patients, and if anything, to weight the scale in their favour.

What should determine policy about licence?

The Research
Department.

A Clinical and
Genetic Study
by Dr. Penrose.

The report on the work of the Research Department and the Laboratory is supplied by the Director of the Department and is printed separately. Apart from routine laboratory tests to which I have already referred the important event of the year was the publication by the Medical Research Council of the results of the work of the Department, which commenced in 1930. It is entitled "A Clinical and Genetic Study of 1280 cases of Mental Defect" by L. S. Penrose. It represents seven years of extremely hard and thorough work, undertaken by Dr. Penrose and the members of his Department including especially Miss Newlyn, the Social Investigator and her assistants. Its aim was to increase existing knowledge on the subject of the causation of mental deficiency and as a basis for this study some 1500 patients, who were or had been in this Institution were minutely studied. Thorough mental and physical tests were given to each of these. The social class of the patient was estimated and the home conditions and the family history were intensively investigated. The family was visited several times, facts were ascertained about the parents, the brothers and sisters and the patients own children, where there were any. Wherever possible the enquiry was extended to cover grandparents, uncles, aunts, nephews, nieces and half sibs. In a number of cases information was obtained about cousins and other relatives. Information was sought from a great number of independent sources, including the Voluntary Association's records and those of Public Health, Education and Public Assistance Authorities, schoolmasters, mental hospitals, clergymen and social workers. Many relatives, children and adults were individually examined by standardized tests. Each personal and each family history was then separately assessed and its reliability recorded. It meant an enormous amount of hard unremitting labour, undertaken with minute care and a meticulous desire for accuracy. Hundreds of thousands of calculations, percentages and co-efficients had to be worked out and finally the whole of the results had to be considered and evaluated in a strictly scientific spirit and the results and conclusions set out in an orderly manner.

The opinion of
the Medical
Research
Council.

The Medical Research Council point out that—

"Dr. Penrose's methods, data and results will, to a large extent, determine the general course of research in mental deficiency in this country for some years to come. His elucidation of certain specific problems should stimulate similar researches in the near future. With further research along similar lines, it seems probable that some, if not many other clinical genetic

conditions will emerge from that clinical chaos now designated mental deficiency. It can be claimed that these researches constitute a new and refreshing approach to the old and much discussed problem of the relative rôles of heredity and environment in the development of the human race."

Finally the Medical Research Council are good enough to say that—

"the enlightened attitude of the Royal Eastern Counties' Institution in giving encouragement and help to the researches has been an asset of primary importance."

Dr. Gregg, Director for Medical Sciences, in the Rockefeller Foundation has recently read an illuminating paper on the need for research. He points out one most important effect of research, when he says that the mere existence of research work in a mental hospital improves the care given to all the patients. They are seen more often, are watched more attentively. It is like introducing accounting in a business house. He draws attention to the use, the permanence, the almost incalculable economy and grace of sound knowledge once it is acquired. He gives a quotation from an old Bishop of Norwich who said "God sells knowledge for sweat." He might have added that "Ignorance costs blood and tears."

One effect of Research.

In addition to work done by the Research Staff the Institution Medical Staff have given eight hundred and twenty-six individual intelligence tests of various kinds during the year.

Intelligence Tests.

Stanford Revision	350
Porteus Maze	185
Burt's Reasoning	123
Koh's Block Design	85
Merrill Palmer	60
Healy Pictorial No. 1 and 2	15
Passalong	8

As usual we have won a number of trophies and prizes. Perhaps the most important of these was the Essex County Anti-Gas Cup open to all companies from the British Red Cross and the St. John's Ambulance Brigade. This was won by the Bridge Home Team, trained by Dr. FitzGerald and Mr. Page. But equally important to us was the fact that for the fifth year in succession, a boy from the Upper Boys' School at East Hill, trained by the Headmaster, Mr. Harris, won the Lewis Cup for Woodcarving, open to all the element-

The Anti-Gas Cup.

The Lewis Cup.

The Billericay Cup.

The Medal of Merit.

The Camp Trophy.

The Extension Companies Skill.

The Rangers Cup.

ary schools in Essex. Though this cup has now been won for five years consecutively, the woodcarving has been the work of a different boy each year of the five. The School still holds also the Billericay Cup for woodcarving. The School won four prizes at the Essex Handicraft Exhibition. Another event of the year, and one on which I should like to warmly congratulate our Headmaster, Mr. Harris, was the award to him of the Scout "Medal of Merit" in recognition of his services to the Scout movement for many years. This was presented by the Mayor of Colchester at a full Meeting. The 22nd Colchesters again won the Trophy presented by Colonel Crossman for the best Camp. The 4th Halstead Guides, the Company attached to the Upper Girls' School, proved themselves no whit behind the boys and carried off the first prize for the yearly competition open to all Guide Extension Companies in England. The Greenwood School girls also hold the District Rangers Cup and the District Brownie Shield.

The Stopes Cup.

Turner Village won the Divisional Final for the Essex Junior Football Cup and hold the medals for this. They also won the "Stopes" Cup for Colchester Junior Football. This season, so far, they are again in the Semi-Final of the "Stopes" Cup, and in the semi-final of the Colchester Knock-out Cup and the Final of the Hospital Cup, besides occupying a good position in the Essex and Suffolk Border League.

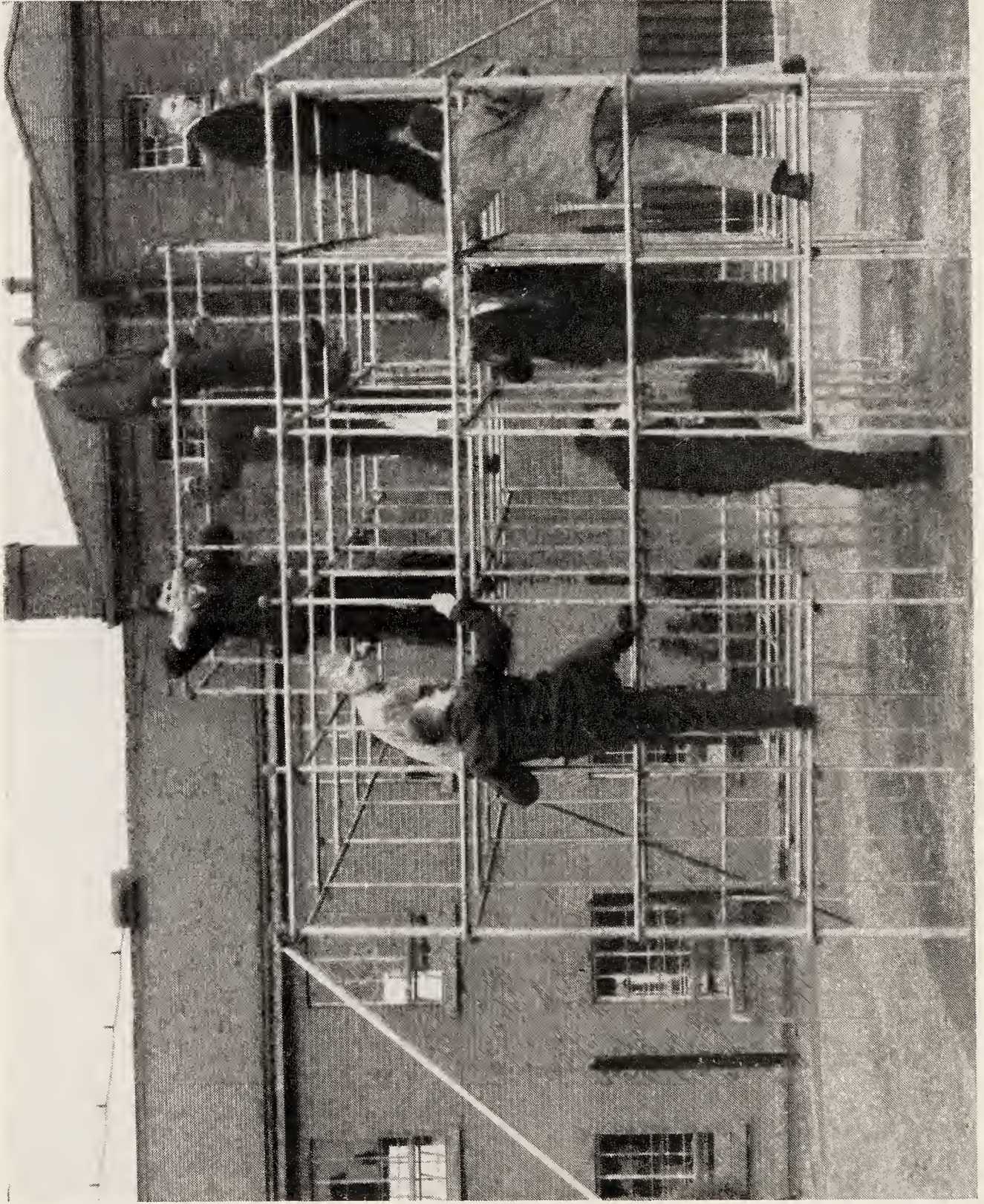
Prizes at the Hospitals Exhibition.

The needlework class organised by the Matron at Bridge Home as a hobby class amongst the boys, won two first and two second prizes at the Hospitals' Exhibition in London, competing against girls and women from various types of hospitals.

Exhibitions of work were staged on a number of occasions, notably at the Public Health Biennial Conference in London.

Important development in training.

I have reported in other years on the great improvement in the training of the lowest grade patient, which has been worked out by Dr. FitzGerald, the Medical Superintendent of Bridge Home. Some of his ideas are improvements on types of work already in existence in other institutions, especially in the United States from which the initial impetus came. The great majority, however, are entirely new and have been evolved by the lively imagination of Dr. FitzGerald himself, assisted no doubt, by the



JUNGLEGYM MAKES A SPLENDID EXERCISE,
BRIDGE HOME PLAYGROUND.

Matron and other members of the Staff This fresh and improved outlook for those, whom many had considered hopeless and helpless has, I am glad to say, attracted attention in many quarters, in addition to the official approval of the Board. Dr. FitzGerald contributed a paper explaining his methods to the Magazine of the Central Association for Mental Welfare and read a paper on the same subject at the Annual Meeting of the Mental Health Workers' Association and there have been visitors to Bridge Home from many other institutions. Perhaps the most notable was one made on purpose by Dr. Gunnar Wad of the well known Mental Deficiency Institution at Jutland in Denmark. Dr. Wad subsequently published an article with photographs in the Nordisk Tidsskrift.

The Playground for the lowest grade boys, who are not physically defective was at one time a large gravelled open space, about sixty yards square, with a summer house and a football. Now there are swings, horizontal bars, a see-saw, a jungle gym, a concrete skittle alley, concrete stepping stones and a maze for wheeling barrows through. One of the most interesting gadgets is an arrangement of gates, bars, ladders and inclined planes allowing of several variations through which boys have to find their way. In another corner is a boy riding a bicycle fixed to a frame and so arranged that he has to pedal as if riding up a small hill. An old gymnasium vaulting horse has had a horse's head provided and been fixed on a frame, which allows the horse to jog backwards and forwards much like a rocking horse. If you feel more energetic still, you can guide and push about the playground an imitation steam roller or a railway engine. The steam roller works to such purpose that it needs a new concrete roller several times a year. If you get tired of this, you can play a modified basket ball game with four different coloured balls and baskets. If on the other hand, your mind feels the need for music you walk off to Tabor House, where there is a fine percussion band of about thirty performers and you may take an instrument and make one of the band, or listen just as you like. You may even aspire to become the conductor, but that is more difficult and the gentleman who generally acts in that position, will not give up unless you can prove you are the better man. If, on the other hand, you wish to work, there is in one corner, the new Occupation Workroom, where there are many varied ways of filling in your time. If you wish to practice getting into your coat, or your trousers, there are wooden frames

specially cut to give you the necessary practice. If you wish to cut out models and are only able to use one hand, there are several varieties of frame which fix the object for you and take the place of the second hand. In addition there are all the different kinds of coloured blocks and other apparatus usual in classes like this, but Dr. FitzGerald has not been content with catering for those who are physically well or only partly paralysed. If your legs are completely paralysed, you will still be expected to take your part and do your bit, though it be only playing skittles while you lie at full length on the floor, or playing handball with a ball fixed at one end by a long string. If you have any power in your legs at all, you will be expected to learn, by graduated exercises, to push your cripple chair about the playground, instead of sitting in it and being pushed. Lest it be thought, that after a day of strenuous exercise like this you may rest in peace after tea, your mind will soon be disabused, for the Matron aided by several excellent staff has provided a hobbies class where all sorts of fancy needlework, tapestry and embroidery are carried on. This has proved such an attraction, that many boys who work in the shops during the day, are eager to join this evening class and have as I have already explained done some extremely good work which takes prizes, when in competition with normal people. During the latter months of the year Bridge Home has been visited twice a week by Mr. Morganstern, who wrote the book on training physical defectives.

All these occupations and distractions have had a considerable effect on the bill for repairs, for it is true that to accept destruction as an Act of God and to do nothing, is to see it mount higher and higher. The amount of destruction varies inversely with the interest of the medical officer and the nurses.

Hobby Classes.

One of the most pleasing advances at Turner Village has been the beginning of three evening Hobbies' Classes for the boys by Dr. Benjacar. Two of them work on different evenings in making fancy articles in the carpenter's shop and one is superintended by the Matron and concentrates on fancy needlework and embroidery. There is keen rivalry for admission.

Billiards.

Billiards and wireless however still remain the chief amusements during the winter evenings of these high grade boys. Each villa has a billiard table and these are con-

tinuously in use, except when the boys are actually working. Each villa has its own handicap billiard tournament. The tables need recovering about every second year. There is also a separate wireless installation in each villa with a piano in the four upper villas and in every class numerous card games, dominoes and even chess.

The "Labour of our Hands" will be found at the end of my Report. I am always proud of this list of work done. It represents an enormous amount of effort on the part of our boys and girls, and an immense amount of patience, of perseverance and of tact on the part of the training staff who make these results possible. Some eight hundred suits, nearly four hundred overcoats and a thousand knickers, sixteen thousand brushes, over eleven hundred mats, nearly two thousand pairs of boots and shoes made, over forty thousand pairs repaired, seventy-five doors, sixty-four tables, four oak dressing chests, one hundred and seventy-five window sashes, two thousand dresses, one thousand table cloths, nearly five hundred pairs of pyjamas, over two thousand sheets and over two thousand shirts, four thousand pairs of socks and stockings, nearly four hundred jerseys, nearly a thousand knitted vests, eleven thousand yards of various materials woven, besides some thousands of all kinds of fancy work, embroidery, tapestry, leather goods and woodcarving and to make good weight, a couple of staff houses, and a boiler house built complete, do represent a very considerable achievement.

To give one instance of how we work. Early in 1939 it was decided that some 16,000 sandbags were necessary to protect certain parts of the Institution. They were cut out and made in a fortnight.

Not quite so many boy's suits have been made as in previous years because we have continued the experiment of giving holiday and parole boys flannel trousers and sports coats, which can be bought ready made very cheaply. These are much appreciated. Both boys and girls take a considerable pride in their appearance and we encourage it. The most favoured Christmas presents off the Tree are things to wear, such as flannel trousers, smart shoes, fancy shirts, pullovers, silk stockings, blouses, dress lengths and woollen coats. If, on the part of the girls, the wish to be like their sisters in the outside world, takes the form of lip stick, powder and rouge, who shall blame them? We certainly do not, provided it is not laid on too thickly, and one of the extra

gifts, which create special amusement, is for Father Christmas to hand out some of these things to the most notorious exponents of the art.

Farm.

The deficit on the farm was considerably less than in 1937. Both farm and gardens would probably have shown a profit, but for the dry spring, which reduced the yield of peas and beans, etc., heavily, and the sharp frosts in the spring, which caused a complete failure of the plum and apple crops. Two hundred and twenty thousand eggs have been sent in from the farm and eaten.

220,000 Eggs.

Average weekly cost.

The average weekly cost for 1938 was twenty-four shillings and threepence a head, an increase of $7\frac{3}{4}$ d. a head over the previous year. The actual cost, however, agreed exactly with the estimate made at the beginning of the year and with the provisional charge to the Local Authorities. It is still well below the average cost at mental deficiency institutions in England. Salaries and wages show the largest increase. I gave the reasons for this in last year's report and it is clear these reasons will continue to operate for some years.

Guides and Scouts.

The number of Guide Companies and Scout Troops remain the same as last year, namely two Rangers Companies, three Guide Companies, one Brownie Pack, one Rover Crew, four Scout Troops and two Cub Packs. We are very grateful indeed to the Officers from outside the Institution, who give so unstintingly of their time and energy to run some of the Guide Companies, and to our own Staff who give up so much of their leisure for the same purpose. We should like to congratulate Miss Sanders, R.R.C., J.P., who has captained the 11th Colchesters, since they started, on her being appointed Guide Division Commissioner for the Colchester area and Headquarters Commissioner of the Extension Companies. This Commissioner has charge of all handicapped Guide Companies for defectives, epileptics, etc., throughout England and Wales. We are very grateful to those landowners, who so generously allowed Camps to be held on their land. Each of these lasted a fortnight and was thoroughly enjoyed. A fortnight in Camp is a treat for the normal boy or girl, going from their own home, but it is a much greater treat to a boy or girl in an Institution, not only because of the complete change it affords, but because it is possible to relax most of the rules and to allow a large measure of freedom. The 25th Colchester Scouts, the Troop from Turner Village went to the late Mr. Wear's farm at Tendring Hall and had an extraordinarily

Miss Sanders.

Camps.

good time. The 4th Halstead Guides went again to Mr. Kirkwood at Elmswell, where everything possible is done by their hosts to give them a delightful fortnight. There were 60 in the camp here. The 2nd Witham Troop were again allowed through the kindness of Mrs. Christopher Parker to camp in the grounds of Faulkbourne Hall. They are very proud of their bugle band and as the Scouts at Turner Village do not like playing second fiddle, I expect you will soon be asked to provide drums and bugles for them also. The 22nd Colchesters had their Camp at Mr. Blake's, of Ardleigh. We are very much indebted to him. The boys most thoroughly enjoyed this Camp.

The Upper Girls' School Play this year was different to anything that has been presented in previous years. It was entitled "Play Box" and was said to be a "Potpourri of Prances, Pranks and Poses, purposely performed for your pleasure." There were no less than twenty-three scenes, with sixty performers and it is difficult to know which of these to praise most. Perhaps, however, as usual, the dancing was the most finished performance and the most delightful, but there were many amusing interludes which were enjoyed immensely. The principal dresses and wigs were lent by Mr. J. Gardner, of Coventry, the whole of the rest of the dozens of costumes were made by the girls. The scenery was painted by the Head Painter, Mr. Garrad, and he and Mr. Gooch did all the make up. We are especially grateful to Mr. Dunt and the other members of the orchestra who play voluntarily for all the shows. Each year, we expect the Headmistress, Mrs. Taylor, to put on a more wonderful play than any previous one and she never fails, but no one except herself knows how it is done, nor the immense amount of work and patience, skill and ingenuity, tact and good humour, imagination and forethought this must mean for her.

The School Play
"Play Box."

The outdoor and indoor sports have proceeded much the same as in other years. I mentioned the girls' hockey team last year. It has continued to be a success and is much enjoyed, but will never, I am afraid, become the same all embracing interest that the football matches are to the boys, especially the Cup Matches. Then we all go wild and if cheering by the team's supporters will win a match, we should win three or four Cups each year. The weekly talkie Cinema shows are far more popular than even the best of concert parties. The films, which can now be hired at such a reasonable rate, are excellent in quality and surpris-

Sports.

Talkie Cinema

A Cinema for
Bridge Home.

Christmas.

Eleven
thousand
parcels.

The Crisis.

ingly new and as the projector supplied by the Local Authorities to Turner Village is a good one, the boys and girls get a really first class show. I am glad that at the beginning of 1939 you have been able to provide a talkie cinema for Bridge Home also. It was always rather a sore point with the boys there, that whereas Turner Village has such a good cinema, they had none. Apart from that, a large number of boys at Bridge Home were not able to go to the Cinema in the Town, and therefore had no show at all. The projector now supplied is a Gaumont H16 Projector which takes 16 m.m. non-flam films. It gives an excellent production and the speech reproduction is clear and good. The picture is quite large enough for the hall at Bridge Home. We had eighty tables at the last whist drive for the Colchester part of the Institution. The boys and girls gymnasium teams put up a very good show and the clubs, the physical jerks and the country dancing is not much behind. All these exercises are voluntary just as the Guides and Scouts. Christmas is most thoroughly enjoyed. Father Christmas enjoys it as much as anyone, and it is a thrilling sight to stand on the Turner Village stage, packed with the enormous tree and with stacks of presents everywhere round on Christmas afternoon and face nearly a thousand shouting, cheering boys and girls, all eager to get their Christmas presents, but all equally determined to make as much noise and cheer as lustily as anyone else. After the dinner they have put away, sleep rather than shouting would seem the natural thing to do, but it is not so with us. We begin Christmas Day very early, before we get up, with community singing and we go on to a morning devoted to Christmas Boxes, then the dinner and the Christmas Trees, with an evening of dancing and entertainments which continue till one o'clock next morning. In the succeeding days come many Christmas parties class by class, and after those the Annual Party of each Guide and Scout Troop and the visits to similar parties in the town. It may interest you to know that during 1938 eleven thousand parcels, over two hundred a week, were received for our boys and girls. Each one has to be unpacked, checked and acknowledged.

The Crisis of last September was anxious for us as for the rest of the world. A dozen painters were engaged for nearly a fortnight in blacking ventilators, lantern lights and windows, which could not be otherwise screened and a large proportion of the staff spent every spare moment in pasting brown paper over other windows. At the Central Institution

there are heavy arched cellars, which would have afforded good protection from everything except a direct hit, but at Turner Village and Bridge Home seven trenches were dug and revetted with wood. Reserve stocks of dressings and splints were sent to each branch. In addition, part of the Central Institution was requisitioned for evacuated children. To make room for this a number of girls were transferred with bedding and furniture to some of the villas at Turner Village, while the boys from these Villas had to sleep on mattresses on the floor of the Assembly Hall.

The staff at Bridge Home have taken a very prominent part in training the Air Raid Precautions Volunteers for Witham. When the crisis came, last September, Dr. Fitzgerald (C.A.G.S.) and Mr. Page (L.A.G.C.) were the only two qualified instructors in the Braintree and Witham area with a population of 45,000. On receiving an urgent message from the Air Raid Precautions Officer, assisted by the staff of Bridge Home they were able to train over 100 volunteers. These volunteers, when trained, were sent in batches of 30 to Braintree to instruct the hastily assembled staff at the Braintree Gas Mask Depot the method of assembling Gas Masks. Thanks to this everyone in the Braintree and Witham area had their Gas Mask within 24 hours. The new Occupation Room at Bridge Home was used as a Gas Mask Distributing Depot for Witham, and the higher grade boys did yeoman service in sorting the masks and helping in the distribution. The Boys and Staff at Bridge Home were publicly thanked by the Chairman of the Local Council for their services. Since then we have quietly continued our preparations. A decontamination post and a first aid post has been established at Turner Village under the stage of the Assembly Hall and fitted up with airlocks, sprays, eye douches, sinks and washbasins. Another has been constructed for use at the Central Institution. Both will be well sandbagged. Regular gas mask drill and evacuation of bedrooms and class rooms is given.

The number of admissions during the year was 179, Admissions. compared with 261, 288 and 267 respectively in the previous three years. Owing to the rapid filling of the remaining empty beds, this number was necessarily much smaller, than in any year since the opening of Turner Village. This year it will be smaller still. One hundred and six were males, seventy-three females.

The number of discharges during the year was 136 Discharges. against 171 in the previous year. Fifty-six were technical

discharges, the patient being at once re-admitted. Nineteen were boys or girls received under the Education Acts to our Special Schools. They had improved sufficiently under the specialist training they received to return to their own homes, and one had so far improved that he was admitted to a normal school for blind children. Seventeen were removed to other Institutions for various reasons, chiefly because they did not belong to the Eastern Counties. Three were admitted to a Mental Hospital. Eighteen were transferred to the Suffolk Institution at Kedington. Twenty were discharged after satisfactory trial on licence.

The Death
Rate.

On the average number on the books, the death rate was 19.5 per thousand, compared with 12.7 per thousand in 1937 and 14.8 per thousand in 1936. The rate for the previous two years was exceptionally low, though the death rate has declined steadily on the average since the year 1905. No less than three of the deaths were those of patients, who had been on licence from the Institution for some considerable time, whilst a fourth was that of a school boy drowned while at home on holiday. As, however, these patients were still carried on the Institution registers, the deaths have to be included.

AVERAGE DEATH RATE FROM ALL CAUSES.

From 1859 to 1905 inclusive	..	75.0 per thousand.
For the years 1902, 3, 4	86.0 per thousand.
From 1906 to 1937 inclusive	..	24.8 per thousand.
For the year 1938	19.5 per thousand.

Causes of death.

The number of deaths was 37, thirteen more than the previous year. The causes of death were as follows:—Pulmonary Tuberculosis 3, Tuberculosis of Joint 1, Pneumonia, all forms, 7, Heart Disease 6, Epilepsy 3, Pulmonary Abscess 2, Gangrene of Lung 1, Acute Pulmonary Odema 1, Chronic Empyema 1, Cancer 1, Intestinal Obstruction 1, Cerebral Haemorrhage 1, Acute Yellow Atrophy of the Liver 1, Carbuncle 1, Vincent's Angina 1, Marasmus 1, Cystitis 1, Acute Nephritis 1, Encephalitis Lethargica 1, Accident 2.

The Tubercular
death rate.

The tubercular death rate was 2.1 per thousand on the average number on the books compared with 2.6 per thousand for the previous year and 2.3 per thousand for 1936.

AVERAGE DEATH RATE FROM ALL FORMS OF TUBERCULOSIS.

From 1859 to 1905 inclusive	..	46.0 per thousand.
From 1906 to 1926 inclusive	..	14.2 per thousand.
From 1927 to 1937 inclusive	..	3.2 per thousand.
For the year 1938	2.1 per thousand.



UPPER GIRLS' SCHOOL PLAY.

CAN YOU DO THIS?

The tubercular death rate remains very low, though we do not refuse to admit cases with active tubercular mischief. One of the deaths from tuberculosis this last year was that of a patient, who was affected on admission. Another had been on licence for years. Till he became ill he worked in the galley of a trawler and no doubt became infected, after he left the Institution. At the beginning of the year, eight patients were under treatment for Tuberculosis. Twelve cases were discovered during the year including one relapse and one on licence. Four of those under treatment died from Tuberculosis, one from Cerebral Haemorrhage and one from Lobar Pneumonia, four became quiescent and ten remain under treatment.

Two cases of Diphtheria occurred at Bridge Home, but in separate classes having no connection with each other and at different times. Both recovered. One of these boys was Schick positive on admission and was immunised in 1926, but not retested afterwards. The other was Schick negative on admission. Two carriers were found but the bacillus was non-virulent. Previously there has only been one case of Diphtheria since we began Schick testing and immunising all positive reactors in 1926, a splendid testimony to the efficacy of this method of controlling diphtheria. This previous case occurred in a patient whose friends had refused immunisation. These two further cases however, raised a serious question as to how many of those previously tested might still be positive or might have changed from negative to positive reactors. The position was probably not serious, or we should have had an epidemic instead of two isolated cases, but it had to be tackled. We therefore decided to retest a number of cases, who had been in the Institution for years. A total of 554 cases were retested and the following are the interesting results:—

- 270 were negative on admission and are negative now.
- 151 were positive on admission, were immunised and are negative now.
- 60 were negative on admission, but were positive on retesting.
- 73 were positive on admission, were immunised but were still positive on retesting.
- 421 were already protected therefore, or remained protected after immunisation, that is 76 per cent.
- 133 were positive on retesting and are being immunised, and all will be retested after immunisation.

Diphtheria.

Evaluation of
immunisation
for diphtheria.

In addition 132 new cases were tested. As many as 75 gave a positive reaction and have been or are being immunised.

It has been an interesting experience. It proves that a considerable proportion of positive reactors, who are immunised, remain protected over at least ten years. It has proved that a certain number, thirteen per cent, who were immunised were either not protected by the immunisation, or what is more probable, that the immunisation did not remain effective over a period of ten years. It has proved a smaller number, eleven per cent, who were for some reason, possibly a transitory one, negative on admission, did not remain negative ten years later. It raises another interesting point in that the patients who contracted diphtheria and most of those who reacted positively to further tests, were low grades. Is it the case that because these patients do not mix much with the outside community, and do not therefore frequently receive small doses of diphtheria germs to maintain immunity, they are liable to lose their immunity?

Scarlet Fever.

There was a mild epidemic of Scarlet Fever in the spring of the year affecting several classes. Eleven boys and fifteen girls were ill and were transferred to the Colchester Infectious Hospital. All recovered. Two of the staff, including one of the Medical Officers also developed it, and later in the year there was an isolated mild case in one of the girls at the Upper Girls' School. Dick tests and passive immunisation were not carried out as previous outbreaks of Scarlet Fever seemed to prove the uselessness of these methods of control.

Whooping Cough.

There was also an outbreak of Whooping Cough in the Nursery and Bristol House. The virulence of the disease seemed to be effectively controlled by vaccine, as we have found in previous epidemics. Nine boys and twelve girls were affected. All recovered. There were two cases of erysipelas, controlled by prontosil, three of chicken-pox, six of mumps including two staff, one of measles and one of cerebro-spinal meningitis. All recovered.

Pneumonia.

Fourteen cases of Lobar Pneumonia and six of Broncho-pneumonia occurred. Eleven died, one of whom was at home on licence. There was a troublesome outbreak of Tinea Cruris at Turner Village. I do not remember a single

Tinea Cruris.

previous case in my thirty-four years experience here. It attacked a number of boys in each villa.

The number of X-Ray photographs increases each year. Most of these are taken either to help in the diagnosis of chest conditions, tuberculosis, broncho-pneumonia or empyema or of probable fractures. Some were taken for abdominal or other conditions. The following list shows the type of case and whether the result proved something wrong or not. The large number of negative results is not a proof of bad diagnosis, but it shows that in all doubtful cases the patient is given the benefit of the fullest possible investigation.

				Positive.	Negative.	Total Cases.
Fractures	17	19	36
Chest	14	16	30
Abdominal	6	1	7
Gall Bladder	1	—	1
Nasal Sinus	—	4	4
Skull	2	—	2
Spine	—	1	1
Dental	2	—	2
Treatment for Tinea		..		2	—	2
				—	—	—
				44	41	85
				—	—	—

Ultra Violet Light Treatment 6 cases

By the kindness of the Committee of the Essex County Hospital and the Medical Staff all serious operations, numbering eighteen, were carried out in that Hospital, a great benefit to the patients concerned. Three of these were for appendicitis, three for the radical cure of hernia, one mastoid, three for glands, and one orthopaedic operation.

An extensive outbreak of dysentery commenced at the Central Institution in March. There were also a few cases at Bridge Home mostly in the Dysentery isolation class. It began at Colchester with a patient just admitted from a Public Assistance Institution, who had typical dysentery and yielded positive rectal swabs, Flexner X.Y. and Z. Previously, to our knowledge, we had had no outbreak of Flexner dysentery. Ten cases were seriously ill.

All the cases in this building, the South Suffolk Annexe were swabbed with rectal swabs and six carriers were found and isolated. Meanwhile the laboratory prepared an autogenous polyvalent Flexner Vaccine and this was given at four day intervals. Later some mild cases occurred in this same class so a stronger Flexner vaccine was given at five day intervals

No further cases occurred.

There were also 9 cases amongst the Nursery children, all positive to Flexner. The rest of the children had rectal swabs taken but no carriers were found. All the children received six doses of the autogenous polyvalent Flexner Vaccine at four day intervals.

No further cases occurred.

At Bristol House fifteen cases occurred between September 5th and 14th. Seven were seriously ill, five of whom had positive Flexner swabs. The whole of the girls in Bristol House had rectal swabs taken. No carriers were found, but 111 girls were given the same Flexner vaccine in five doses ranging from 100 millions to 1000 millions. No further cases occurred. One girl in the House was also attacked at the same time and all House girls were therefore given vaccine in the same doses.

The total number of cases was 52. There were no deaths. 844 cultures were made in the laboratory from rectal swabs and 4750 c.c.'s of polyvalent Flexner vaccine was made and used. 608 patients received vaccine.

Alterations
in population.

The following table shows the alterations which have taken place in the Institution population during the year 1938:—

	Males	Females	Total
On the 1st January, 1938, there were			
on the books of the Institution ..	1091	800	1891
The admissions during the year were	106	73	179
	1197	873	2070
	Males	Females	Total
The discharges			
were ..	84	52	136
The deaths were	23	14	37
	107	66	173
On 1st January, 1939, there remained	1090	807	1897

The average daily number of patients on the register was 1897, only seventeen more than in the previous year. A sharp reminder of the fact that the Institution is full up, and of the urgent need for more accommodation. It is true that this average number resident is three hundred and fifty-one higher than four years ago, so that there is still some room for congratulation. During the past four years nine hundred and ninety-five new cases have been admitted, five short of a level thousand. Thirty-four years ago, when I was first appointed, the average number of patients was 263 and now it is 1897. The number at the end of the year was 1897 and the total number under care was 2070. The average number resident, excluding all cases on licence, was 1711.

Average daily numbers.

Many people enter into their job in life for the material return it will bring, or for the satisfaction of succeeding. Many idealise their job by making it serve humanity. Those who voluntarily take up the work of directly ministering to the welfare of human beings have a great opportunity. But for those who will work for the mentally defective, surely the ideal is greatest of all.

The Staff's job in life.

In other fields the sick may be made well, the delinquent trained and reformed, the ignorant taught to know. But the majority of the mentally defective remain in need of care all their lives, and those who look after them never see the end of their task. All these members of your Staff who have taken on this difficult job I would bring to your notice and through you to the notice of the big public outside. The public knows little or nothing of the unselfish, self-sacrificing service given ungrudgingly by some four hundred and fifty men and women who make up your Staff. Some have more responsibility than others. Some have a special gift of teaching, some have special technical knowledge of some trade or handicraft. Some are especially skilled in caring for the sick and for those who are defective in body as well as in mind, and their task can be very trying and very tiring. Backs must often ache and shoulders and arms feel as though they would give out, when time after time some helpless body has to be moved again and again, if sore places are to be prevented, time after time has to be washed and dressed and fed and amused or interested. Some have the specially difficult task, the very trying task to nerves and temper, of stabilising those who are almost impossibly unstable.

Our thanks.

I can only once again express my admiration and your thanks and mine, for the way in which each in his or her place, heads of branches, heads of departments, sisters, nurses, teachers, trainers, tackle their various jobs and do them with an extraordinary willingness at all times, to help the interests and the pleasures of the boys and girls for whom they are caring. The work of the individual heads of the branches is well known to you and I have mentioned much of their work in the course of this Report. Mr. Harris, the Headmaster of East Hill House School, has the longest service of any member of the Staff. He has not been in very good health but he would not hear of his boys missing their summer camp. Mrs. Taylor has been mentioned and by implication, my description of the difficulties and successes of licence, is a testimonial to the excellent work of Miss Beynon at Lexden House and Mrs. Seely at Crossley House. Every year a large number of teachers come specially to see the teaching methods used by Miss Kerry, the Headmistress of the Lower Boys' School.

Retirement of
Headmistress.

One of the Upper Boys' Schools, that at Littleton House, Girton, has suffered a grievous loss through the retirement of Miss Peyton, the Headmistress, who had reached the age limit. She gave up every other interest in life for her boys and it must be a great gratification to her to remember, how many of them are succeeding in life in the world. We shall miss her sorely and trust she may be spared for many years, to enjoy her quiet retirement. Miss Dodds, who has had experience in special schools both in Birmingham and Rhodesia, has been appointed Headmistress.

I am especially grateful to the Medical Superintendents at Bridge Home and Turner Village, Dr. FitzGerald and Dr. Benjacar, and also to Dr. Bonnell, the Medical Officer of the Central Institution, who though not described as the Superintendent of that part of the Institution has, nevertheless, a considerable responsibility now that I live outside the Institution. Each of them spares me to the utmost. I should like, also, to draw your attention to the excellent work of Mr. Frost, the Clerk of the Works, and to Mr. Knights and Mr. Long, your Head Attendant and Assistant Head Attendant at Turner Village, and to Mr. Page and Mr. Snowden, who hold similar positions at Bridge Home.



DO WE LIKE GARDENING ?



THE WINNER OF THE "LEWIS CUP" FOR WOODCARVING
UPPER BOYS' SCHOOL:
UPPER BOYS' SCHOOL

During 1938, you decided to relieve me of that part of my work, which was connected with the ordering of all the goods for the use of the Institution and the receipt and checking of the accounts for the same. Mr. Smith, who has had excellent experience at three well known mental hospitals was appointed Steward and I am grateful to you for this help.

Appointment
of Steward.

I am very happy to know, that you still give me your confidence and encouragement, and your appreciation has ever been unstinted. In the whole of my thirty-four year's service, I cannot remember any occasion on which I have not had your complete support and your whole-hearted backing. That means everything to any Superintendent; it makes all the difference between enjoying and loving one's job or finding it a useless and ineffective labour and trial. I thank you and I am grateful to you.

My thanks.

I have the honour to be,

My Lords, Ladies and Gentlemen,

Your obedient Servant,

F. DOUGLAS TURNER,
M.B., (Lond.), M.R.C.S. (Eng.), L.R.C.P. (Lond.),

Medical Superintendent.

THE LABOUR OF OUR HANDS

(Repairs not included, except in Boot Shops).

CARPENTERS' SHOPS.

Air Raid Models ..	4	Handles and Handrails ..	51
Architraves	830 ft.	Jambs, door	5
Barrows—Garden ..	3	Kerbs, Oak	2
Bath Tops	1	Ladders	2
Benches—Carpenters' ..	3	Latrines for Camp ..	5
Boards, Duck, Pastry, Teak, and Various ..	150	Lavatory built in garden, Lexden House ..	1
Boiler House, built, Central Institution ..	1	Linen Store built, Central Institution	1
Book Cases	2	Material moulded ..	4,267 ft.
Boxes, Various	146	Nosing—Cills	76 ft.
Brackets	40	Overmantel	1
Butchers' Block	1	Panels	3
Cabinets	3	Partitions	356 ft.
Cambers	25	Picture Rail	380 ft.
Card Index Cases, Oak ..	3	Platforms	2
Cart, Hand	1	Play Properties ..	43
Ceilings, Celotex ..	620 sq. ft.	Posts and Fittings, Basket Ball	5 sets
Conservatory framework	1	Racks, for Engineer ..	3
Cottages, Staff, built ..	2	Racks, large for Leather	2
Cripple chairs, hardwood	4	Racks, various	12
Cupboards, deal or pine	15	Roofs, new	2
Cupboards, Oak or Teak	14	Sashes, Casement and Sliding	175
Dartboards	2	Screens, Bed	6
Desks, School	1	Screens, Fire, Oak ..	16
Doors, Teak	8	See-Saws	2
Doors, Various	67	Shafts, Hammer ..	48
Drawers, deal, mahogany, oak	11	Shelving	582 ft.
Dressers	1	Skirting	641 ft.
Dutch Barn, end built with sashes, 32 ft. long	1	Splines, various ..	1,640 ft.
Fencing	302 ft.	Splints, A.R.P. ..	142
Forms	4	Staircases	4
Frames, Door	8	Steps, pairs	13
Frames, Picture	44	Stools, Night, Oak, Walnut, etc.	65
Gates	10		

Tables, Dressing, Oak ..	4	Trenches, A.R.P., timbered up	7
Tables, Oak and Teak ..	31	Trestles, pairs	6
Tables, Deal	33	Turnery, legs, deal, oak, teak, etc.	521
Templates	11	Waggon, Serving, Teak ..	1
Trays, Bread, Baker's, etc.	93	Wardrobes, Oak ..	2
Trays, Oak	6		

BRICKLAYERS' AND ENGINEERS' SHOPS.

A.R. Containers for Incendiary Bombs ..	10	Cattle, concrete ..	1
Basins, Wash, fixed ..	6	Floor, tiled	1
Boilers, fixed	3	Grates, fire, fixed ..	6
Boiler, House, built ..	1	Lavatories and Sinks, fixed	3
Boiler, Automatic Oil-fired Storage Cylinder, fixed complete ..	1	Lavatory for Garden, built	1
Boilers, hot water, Coke-fired, fixed ..	3	Paths, concreted ..	8
Cottages, Staff, Built ..	2	Pit for Petrol Storage, built and concreted ..	1
Cottages. Staff, Engineering Services ..	2	Roadways, Approach and Main Drive to Assembly Hall, concreted ..	1
Cottage Walls, rough-cast	1	Tank for Basket Work, built	1
Disinfector House for Foul Linen, built ..	1	Water Services, cold ..	2
Drinking Trough for ..		Weaving Loom, Power, fixed	1

BRUSH SHOP.

Brooms and Brushes, pitchwork	5,873
Brooms and Brushes, drawn	10,476

BASKET SHOP.

Baskets, Hampers and Trays, made	938
Chairs and Stools, cane seated	3

TAILORS' SHOPS.

Suits	812	Overcoats and Capes ..	171
Trousers	303	Girls Coats	208
Knickers	913	Overalls	204

MAT SHOP.

Mats and Rugs	1,141	Sash Cord ..	737 yds.
Kneelers	53	Vegetable Bags	48

SHOEMAKERS' SHOPS.

Boots, made, pairs ..	1,901	Boots, patched, pairs ..	2,202
Slippers, made, pairs ..	87	Boots, heeled, pairs ..	13,957
Boots, soled, pairs ..	11,164	Boots, repaired, pairs ..	13,583
Boots, capped, pairs ..	973		

MATTRESS SHOP.

Mattresses, made ..	1,002	Pillows, made	761
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NEEDLEWORK DEPARTMENT.

Bags and Cases	1,273	Garters, pairs	35
Bed, Couch and Cushion		Hats	28
Covers	442	Knickers	312
Bandages	811	Neckties and Handker-	
Bed and Pillow Ticks ..	462	chiefs	679
Bodices and Blouses ..	450	Night Dresses	804
Braces	174	Overalls	25
Capes and Jackets ..	86	Pants for Boys	1,734
Caps	210	Petticoats and Skirts ..	44
Chemises and Combin-		Pillowslips	947
ations	624	Pinafores and Aprons ..	2,000
Coats and Blazers ..	52	Pyjamas, pairs	485
Coats, White	2	Sheets and Bed Pieces ..	2,268
Collars, Cuffs and Belts	305	Scarves	76
Containers	22	Shirts, day	2,047
Cot Nets	62	Shirts, night	832
Crochet Cloths, etc. ..	26	Sleeves	670
Curtains and Blinds ..	113	Slippers	18
Dresses, Tunics, Slips,		Stays	395
and Guide Uniforms ..	2,113	Suits for Play, Special	50
Dusters	24	Table and Tea Cloths ..	1,032
Face Flannels	2,409	Towels	1,370
Feeders	1,233	Uniform Dresses	1
Floor Rubbers	173	Various	2,479

WEAVING SHOP.

Shirting	6,640 yds.	Quilts, 76—3 yds. each	228 yds.
Pinafore Material	1,680 yds.	Tablecloths, 100—2 yds.	
Sheeting, 64-ins. wide	1,415 yds.	each	200 yds.
Calico	480 yds.	Towels, 72—1 yd. each	72 yds.
Woollen Serge	280 yds.	Roller Towelling	50 yds.

MACHINE KNITTING.

Jerseys	382	Vests	931
Socks and Stockings, pairs	4,058	Woollen coats	53

WOOD CARVING.

Carved Trays, Tables, Bellows, Blotters, stools, etc.	159
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LEATHER WORK.

Bags, Cases, Pochettes, Purses, Wallets	150
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EMBROIDERY.

Bags, Cushions, etc. ..	138	Table Centres	3
Covers	62	Pictures	2
Firescreens and Stools ..	16	Tapestry Canvasses ..	4
Household linen goods ..	81	Tapestry, various ..	31
Table cloths	17	Towels, Samplers ..	89
Tray Cloths	24	Various	45

FRET SAW WORK

Jig Saw Puzzles ..	55	Various	73
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HAND KNITTING.

Bags	6	Floor Rubbers ..	30
Cardigans	24	Socks	14 prs.
Children's Clothing ..	13	Suits	4
Cushion Covers	76	Various	39
Dish Cloths	1,002		

TOY SHOP.

Animals	56	Golliwogs	14
Balls, wool	45	Toys, wood	100
Dolls dressed	28	Toys, soft	155

FANCY WORK.

Jewellery (Cloisonné) ..	26	Raffia	150
Rugs, Wool and Silk ..	152	Passe Partout	19
Felt Work	40	Vellum	7

WOOD BEAD WORK.

Mats, Match Boxes, etc.	270
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CANE WORK.

Chairs, seated	25
Mats	25
Serviette Rings	108
Stools—Cane, Raffia, and Seagrass	180
Trays	6

HAND WEAVING.

Belts, Scarves, Ties	52
Rugs	1

STATIONERY.

Paper Bags, various sizes made	7,000
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FARM AND GARDEN PRODUCE.

Milk	29,801 gals.	Celery	2,524 sticks
Eggs	220,510	Cucumbers	2,894
Chickens	1,419	Leeks	818 score.
Pork	1,337 lbs.	Lettuce	36,537
Potatoes	240 tons.	Marrows	3,119
Beet	159 bush.	Mustard and Cress	37 bush.
Broad Beans	138 bush.	Onions	723 pecks.
Runner Beans	425 bush.	Parsnips	467 bush.
Broccoli and Cauliflowers	21,253	Peas	1,555 pecks.
Brussel Sprouts	500 bush.	Radishes, bunches	4,677
Cabbages	39,596	Rhubarb	80,440 sticks.
Carrots	1,636 pecks.	Savoy	15,280
		Swedes and Turnips	351 bush.

FRUIT.

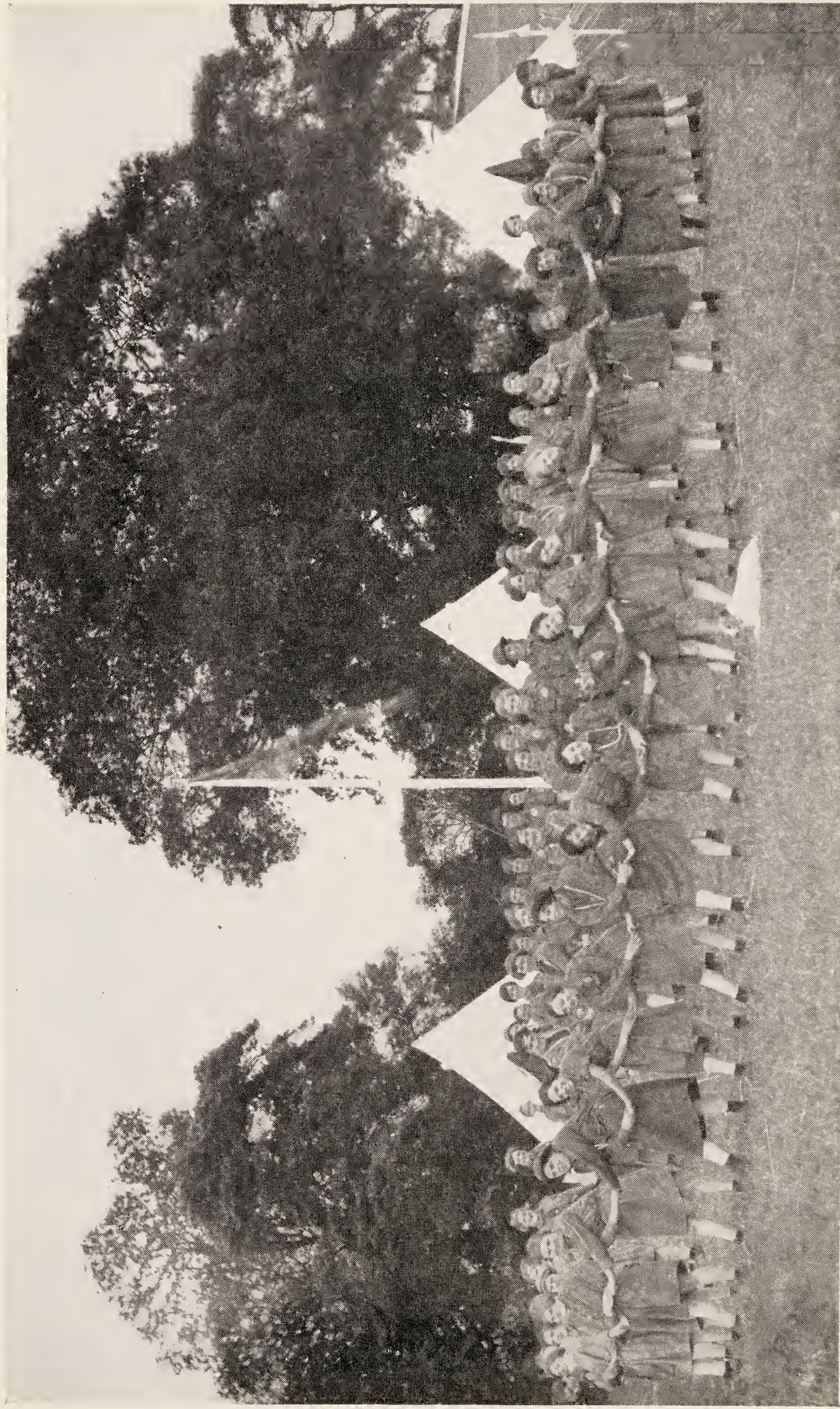
Apples	469 pecks.	Grapes, bunches	209
Cherries	18 lbs.	Pears	5 bush.
Currants, black	82 lbs.	Plums	73 lbs.
Currants, red	152 lbs.	Raspberries	165 lbs.
Damsons	56 lbs.	Tomatoes	8,238 lbs.
Gooseberries	1,595 lbs.		

JAM, MARMALADE, AND PICKLES.

Jam, made	3,359 lbs.
Marmalade, made	4,572 lbs.
Pickles, made	1,273 lbs.

BREAD.

Bread, made	616,646 lbs.
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4th HALSTEAD GUIDES.

A PEACEFUL REVOLUTION.

SUMMER CAMP.

Financial Statements

for

1938

STATEMENT OF INCOME AND

<i>Income.</i>				1938.			1937				
			£	s.	d.	£	s.	d.	£	s.	d.
To Ladies' Association	3,282	2	11						
Less Expenses	116	6	3						
			<hr/>			3,165	16	8	3,293	7	9
„ New Annual Subscriptions				24	10	6	58	7	0
„ Renewed Annual Subscriptions				736	3	0	786	14	6
„ Donations				285	19	3	897	5	1
„ Collections in Churches and Chapels				—	—	—	1	8	0
„ Dividends and Interest on Investments				2,462	15	9	2,346	16	4
„ Payments for patients:—											
From Local and other Statutory											
Authorities				105,150	16	2	94,987	11	1
*From Local Authorities for Occupation											
Centre Cases				46	7	0	36	15	0
From Charitable and Private Cases				3,021	11	1	3,153	18	10
„ *Proceeds of Profitable Industrial Occupations				2,409	7	3	2,590	13	7
„ *Farm				6,733	5	3			
„ *Garden				1,482	9	4			
„ *Farm and Garden				<hr/>			8,583	6	1
„ Board of Education Grant,				294	16	10	315	16	7
„ *Grants from Medical Research Council,											
Darwin Trustees, and Rockefeller Founda-											
tion, towards Research				963	19	1	1,190	9	6
„ Amount due from Local Authorities in respect											
of difference between Interim Charge for											
Patients and Actual Cost				—	—	—	4,191	8	4

NOTE.—In arriving at the average weekly cost, the items marked * are deducted from the Expenditure.

£126,777 17 2 £122,433 17 8

Signed on behalf of the Board of Directors,

C. S. ROWLEY, } Members.
 GILBERTSON SMITH, }
 J. OXLEY PARKER, } Treasurer.
 ARTHUR TURNER, } Secretary.

EXPENDITURE DURING 1938 and 1937.

<i>Expenditure.</i>				1938			1937.				
			£	s.	d.	£	s.	d.	£	s.	d.
By Salaries and Wages	41,545	15	5	38,634	6	0
„ Office Salaries	1,831	4	8	1,711	3	4
„ Pensions	373	2	10	398	12	7
„ Provisions	27,699	11	11	27,777	18	3
„ Clothing	6,160	7	7	5,942	8	2
„ Uniform	139	15	4	376	2	5
„ Medical Requisites and Drugs	964	0	0	716	6	1
„ Furniture and Bedding	3,914	17	3	3,504	7	7
„ Fuel	7,112	0	4	5,677	0	7
„ Electric Current	1,654	16	3	2,023	0	5
„ Water	751	9	11	787	5	10
„ Washing and Cleaning Articles and other necessities	2,023	6	2	2,027	0	7
„ Travelling Expenses and Expenses of Conveyance, Removal and Burial of Patients	1,113	1	6	996	17	9
„ Books, Postages, Printing, Stationery and Advertisements	2,043	8	3	1,897	1	10
„ Rates, Taxes and Insurance	5,148	10	3	4,848	11	1
„ Maintenance and Repairs of Buildings and Machinery	3,925	13	2	3,607	11	4
„ Rents	967	3	4	918	10	4
„ Research Department	1,417	14	11	1,271	13	9
„ Branches Depreciation Fund	150	0	0	150	0	0
„ Industries:—											
Wages on Profitable Occupations	511	16	6					
Materials	1,569	2	7					
						2,080	19	1	2,333	9	8
„ Farm	6,851	7	5			
„ Gardens, Grounds and Playing Fields	1,977	6	8			
„ Farm and Garden				9,949	6	4
„ Bank Charges	16	9	2	62	16	0
„ *Elections, Public Meetings, etc.	131	8	0	102	0	8
						£119,993	9	5	£115,713	10	7

SPECIAL EXPENDITURE. (Not included in Average Weekly Cost).

„ Staff Cottages	1,787	4	10						
„ Lexden House, Addl. Accommodation bal. of cost	384	19	5						
„ Bridge Home, Occupational Therapy Rooms bal. of cost...	448	12	7						
„ Central Institution, Boiler and Boiler House	530	8	3						
„ Turner Village, alterations	216	15	7						
„ Farm Tractor,	532	3	6						
„ Transfer to Reserve Fund towards cost of additional land at Witham	2,800	0	0						
						6,700	4	2	6,659	10	9
„ Excess of Income over Expenditure during 1938 and 1937 carried to credit of Reserve Fund	84	3	7	60	16	4
						£126,777	17	2	£122,433	17	8

Net Average Weekly Cost per head per Patient
on number Resident
Average number of Patients Resident ...
Average number of Patients on Books ...

24/3 23/7½
1,711 1,677
1,897 1,880

The Royal Eastern

Limited by
BALANCE SHEET

<i>Liabilities.</i>	£	s.	d.	£	s.	d.	£	s.	d.
Amount owing on Expenditure Account at 31st Dec., 1938 and since paid				4,634	2	2
Permanent Endowment Fund—									
As at 1st January, 1938				54,815	15	4
Reserve Fund—									
As at 1st January, 1938	24,373	7	11			
Add Rents, Dividends and Interest on Reserve Fund Investments	1,392	2	7			
„ Legacies received	2,519	19	0			
„ Compensation for damage caused by fires	459	15	10			
„ Transfer from Income and Expenditure Account towards cost of additional land at Witham	2,800	0	0			
„ Excess of Income over Expenditure for year ended 31st Dec., 1938, transferred from Income and Expenditure Account	84	3	7			
				31,629	8	11			
Less Research Laboratories, balance of cost ...	1,267	6	4						
„ Staff Cottages and Land ...	845	13	0						
„ Replacement of fire damage (cost to date) ...	424	5	0						
„ Cripple Pavilion, Witham, cost to date ...	150	0	0						
„ Crisp Estate, adjustment on legacies received in previous yrs. ...	75	1	6						
„ Temporary Advance to Peckover Schools Repairs Account ...	6	0	4						
				2,768	6	2			
							28,861	2	9
Peckover Schools Repairs Fund—									
As at 1st January, 1938				2,000	0	0
Peckover Schools Repairs Account—									
As at 1st January, 1938		15	3			
Add Dividends and Interest received	69	3	4			
„ Temporary Advance from Reserve Fund	6	0	4			
				75	18	11			
Less Cost of New Loom	75	18	11			
Branches Depreciation Fund—									
As at 1st January, 1938	1,874	14	3			
Add Dividends and Interest received	56	0	0			
„ Transfer from Income and Expenditure Account to meet cost of reinstatement of hired branches when Leases expire	150	0	0			
							2,080	1	3
Amount carried forward ...							£92,391	14	6

Counties' Institution, Ltd.

Guarantee.

31st DECEMBER, 1938.

<i>Assets.</i>	£	s.	d.	£	s.	d.
Investments (at cost) viz.:—						
<i>On behalf of Permanent Endowment Fund—</i>						
British Government Securities	8,819	4	1			
Indian, Dominion and Colonial Government Securities	13,812	12	10			
Bank of England Stock	244	13	9			
Municipal Securities and Public Boards, U.K.	17,927	17	2			
British Railway Debenture and Preference Stocks	11,816	8	7			
				52,620	16	5
<i>On behalf of Reserve Fund—</i>						
Dominion and Colonial Government Securities	5,146	1	9			
Municipal and County Securities and Public Boards, U.K.	13,323	9	1			
Bank of England Stock	2,000	0	0			
British Railway Debenture, Preference and Ordinary Stocks	1,413	12	4			
Foreign Railway Debenture Stock	181	6	10			
				22,064	10	0
<i>On behalf of Peckover Schools—</i>						
Indian Government Security and British Railway Preference Stock				2,000	0	0
<i>On behalf of Branches Depreciation Fund—</i>						
British Government and County Securities, Municipal Loan and Security guaranteed under Trade Facilities Acts				2,080	14	3
				78,766	0	8

Note.—The Market value of these investments as at 31st December, 1938, amounts approximately to £77,425

Cash at Bank on Current Account	3,187	2	0			
Cash Balances in Hand	101	5	8			
Cash on Deposit Account	4,000	0	0			
Balances in Hands of Country Bankers	259	0	7			
Balances in Hands of Ladies' Association	1,250	6	5			
				8,797	14	8
Amount due on Income Account at 31st December, 1938 and since paid ...						
				4,827	19	2
Amount carried forward ...				£92,391	14	6

THE ROYAL EASTERN
Limited by
BALANCE SHEET

<i>Liabilities.</i>					£	s.	d.
Amount brought forward	92,391	14	6

COUNTIES' INSTITUTION LTD.

Guarantee.

31st December, 1938 (*continued*).

<i>Assets.</i>				£	s.	d.	£	s.	d.
Amount brought forward							92,391	14	6
Other Amounts due in respect of charges for									
Patients (not valued)							—		
Stock on Hand (not valued)							—		
Freehold Property (not valued)							—		
Extension Scheme—Turner Village, etc.—									
Expenditure on Construction, Furnishing									
and Equipment of Buildings to 31st									
December, 1937				190,626	6	7			
<i>Add</i> Amount paid to Contractors in respect									
of Buildings, during 1938				223	6	6			
				<hr/>					
				190,849	13	1			
<i>Less</i> Loans in respect thereof received									
from County Councils (of which									
£178,475 is secured by Mortgage) ...				190,849	13	1			
				<hr/>					
							£92,391	14	6
							<hr/>		

Signed on behalf of the Board of Directors,

C. S. ROWLEY, } *Members.*
 GILBERTSON SMITH, }

J. OXLEY PARKER, *Treasurer.*ARTHUR TURNER, *Secretary.*

APPORTIONMENT OF EXPENDITURE FOR 1938 FOR CHILDREN ON SCHOOL REGISTER.

These figures have been arrived at by calculating the proportion which the number of children on the School Register bears to the number of patients in the Institution and apportioning the expenses in a similar manner.

	£	s.	d.
Salaries and Wages	6361	15	5
Office Salaries	280	8	3
Pensions	57	2	9
Provisions	4241	11	0
Clothing	943	6	5
Uniform	21	8	0
Medical Requisites and Drugs	147	12	3
Furniture and Bedding	599	9	5
Fuel	1089	0	9
Electric Current	253	7	11
Water	115	1	6
Washing and Cleaning Articles and other necessities	309	16	6
Travelling Expenses and Expenses of Conveyance, Removal and Burial of Patients ..	170	8	10
Books, Postage, Printing, Stationery and Advertisements	312	18	0
Rates, Taxes and Insurance	788	7	6
Maintenance and Repairs of Buildings and Machinery	601	2	5
Rents	148	2	0
Research Department	217	1	11
Branches Depreciation Fund	22	19	4
Industries	318	13	0
Farm and Garden	1351	18	3
Bank Charges	2	10	5
Elections, Public Meetings, etc.	20	2	5
	<hr/> £18,374 4 3 <hr/>		

Average number on School Register (as certified by Secretary) 262

Net Average weekly cost per head per patient after excluding cost of Elections and Public Meetings, and deducting proceeds of Occupation Centre Cases, Industrial Occupations, Farm and Garden Accounts, and Grants towards Research Expenses .. £1 4 3

Examined and found correct,

IMPEY, CUDWORTH & Co.,

Chartered Accountants,

28th February, 1939.

Auditors.



BLUE BELL TIME.



A DAY AT THE SEA.

THE ROYAL EASTERN COUNTIES' INSTITUTION Ltd.

FORM OF REMITTANCE FOR DONATION OR SUBSCRIPTION.

TO THE SECRETARY, ROYAL EASTERN COUNTIES' INSTITUTION LTD., COLCHESTER.

I enclose herewith cheque for.....guineas as an

75

Annual Subscription (or) Donation.

Name

Address

Date.....

Annual Subscribers of £10 10s. 0d. are entitled to			20 Votes.		
"	£5 5s. 0d.	"	..	10	"
"	£2 2s. 0d.	"	..	4	"
"	£1 1s. 0d.	"	..	2	"
"	10s. 6d.	"	..	1	"
Donors of £105 0s. 0d. are entitled to			20 Votes.		
"	£52 10s. 0d.	"	..	10	"
"	£21 0s. 0d.	"	..	4	"
"	£10 10s. 0d.	"	..	2	"
"	£5 5s. 0d.	"	..	1	"

THE ROYAL EASTERN COUNTIES' INSTITUTION Ltd.

BANK ORDER FORM FOR SUBSCRIPTION.

When filled up please return to The Secretary, Royal Eastern Counties' Institution Ltd., Colchester, for registration in the books of the Institution.

Date.....

To

Messrs.....

Bankers.....

Please pay to Messrs. Barclay's Bank Ltd., Colchester, for the credit of the ROYAL EASTERN COUNTIES' INSTITUTION LTD., my ANNUAL SUBSCRIPTION of £ : s. d.

and continue to pay the same amount on in each year until further notice

Signed.....

:

£

2d.

Stamp.

Specimen Agreement for recovery of Income Tax
on Annual Subscription.

I

of

hereby covenant with the Royal Eastern Counties' Institution Limited, of Colchester, that for a period of seven years from the date hereof, or during my life, whichever shall be the shorter period, I will pay annually to the said Institution, such sum as will, after the deduction of Income Tax, leave in the hands of the Institution a net sum of £

the first payment to be made on the day of

193 and subsequent payments to be made on the anniversary of that day.

Dated this day of 193

(Signed)

Signed, Sealed and Delivered
by the above named

in the presence of

Name

Address

Occupation

